

WELCOME

Welcome to the 2025 Ontario Swimming Championships!

We're thrilled to host over 1,100 swimmers from across the province for this year's five-day, 15-session OSC. We hope the event is everything you envisioned and more.

Swim Ontario extends sincere thanks to our club hosts—Whitby Swimming, Peterborough Swim Club, and Etobicoke Swim Club—for partnering with us to deliver an outstanding provincial championship experience.



This technical bulletin has been condensed, as much of the information is already available in the meet package. We encourage everyone to review both the meet package and this technical bulletin carefully, and to seek clarification where needed.

For any questions about the meet format, conduct, facility, meet package, or technical bulletin, please direct them to [Nicole Parent](#) , Meet Director, 2025 OSC. Nicole will be onsite for all sessions.

QUICK LINK LIBRARY

Heat Sheets (Meet Info Page)	Click HERE
What's App Community	Click HERE
Scratch Form	Click HERE
Meet Package	Click HERE
Meet Information Page	Click HERE
Live Results	Click HERE
SplashMe App for Apple	Click HERE
SplashMe App for Android	Click HERE
Race Tek Videos Dropbox	Click HERE
Race Tek Video Analysis Info	Click HERE
Penalty Payment Form	Click HERE

GENERAL INFORMATION

- **Dates:** July 9, 2025 – July 13, 2025
- **Meet package:** [HERE](#)
- **Meet Information Page:** [HERE](#)
- **What's App Community for OSC:** Join [HERE](#)
 - Announcements of Scratch & positive check-in deadlines / heat sheet posting / etc.

ORGANIZING COMMITTEE

- **Meet Director:** Nicole Parent – nicole@swimontario.com
- **Competition Coordinator(s):** Steve Sachs, Level 5 - compcoordinator@whitbyswimming.ca
- **Para Technical Advisor:** Charles Montpetit

FACILITY RULES

- Massage Tables & Ice Baths will not be permitted on deck at this event.
- Swimmers not entered in the meet are not permitted access to the deck nor any access to the competition pool or dive tank training.
- Participants (athletes, coaches, officials) are strictly prohibited from accessing the east gallery from the team seating areas. Likewise, spectators are not permitted in the team seating areas and must not enter them from the east gallery. Anyone who violates this facility rule will be denied re-entry into the facility and competition areas.
- **No food is permitted on deck including swimmer snack foods. These must be consumed off deck. Coffee/Tea/Pop/snack food is not permitted on deck.**
- Deck Changing is strictly prohibited. Swimmers are asked to use the change rooms or washrooms.

SCARBOROUGH SHOOTING STARS (SSS) BASKETBALL GAMES IMPACTS

There will be a SSS Basket Game on Friday evening and Sunday afternoon which will affect parking, access to the facility and traffic flow restrictions.

The impacts are:

- The North Entrance will NOT be available to any of our participants or spectators beginning at following times
 - Friday 4:30 PM onwards
 - Sunday 12 NOON onwards
- Entrances available are East side and South Side.
- Parking will be greatly impacted. We encourage the use of east loop drop-off for swimmers & then proceeding to Lot H for overflow parking. Parking along Pan Am Drive is strictly forbidden and parking enforcement will be onsite.
- Access to lower level will be at the turnstiles. Teams not yet checked in will need to go to the turnstiles at south end for instructions on acquiring deck accreditations. Room 2060 will be closed. Officials are to go to the south end turnstiles to receive their accreditation.

HOSPITALITY

Hospitality will be in the Leadership Room. No food or drink (except water in reusable bottles) will be permitted on deck.

- A breakfast will be available for officials and coaches prior to the start of the prelims session.
- Coffee & Tea available until 2 PM.
- Lunch is available at the end of the prelim session for officials and coaches who will be staying for the Distance or Youth session only. We ask that anyone not working the Distance or Youth session to allow those working the next session to eat prior to going back on deck.
- An afternoon snack and veggies will be available for officials and coaches working the finals session. We ask that anyone not working the final session to allow those working the next session to eat prior to going back on deck.

REGISTRATION INFORMATION

Athletes must have a coach or designated coach (coach representative) in attendance during the event including pre-meet training sessions.

TEAM REGISTRATION

- **Onsite Team Registration in room 2060. One club representative must collect deck accreditations for their club. Accreditations will be required to access the lower deck. Team Registration times: See [Overall Schedule](#)**
- Accreditations will not be distributed to swimmers without a coach present.
- Swimmer welcome gift must also be collected at time of registration.
- The club is responsible to distribute accreditations and welcome gift.

COMPETITION RULES

Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in the Meet Package and the Technical Bulletin supersede those found within the Swimming Canada Rulebook.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start as a result of kicking the footrest/backplate of the starting blocks per Swimming Canada Section II 2.3.2. The Referee may disqualify a swimmer for such misconduct.

[Ontario Health Regulation 565](#)

No person shall pollute the water in the pool in any manner, and that spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited. The referee may disqualify a swimmer for such misconduct.

WPS SANCTIONED RULES REMINDERS

PARA SWIMMER DEVICES / BATHING SUIT MODIFICATIONS

Paralympic Program equipment i.e., starting devices, tapping devices and bathing suit modifications (as per swimmers' codes of exception) must be approved prior to their use in competition. This can be done during warm up prior to the start of the meet.

PROTECTIVE MEDICAL TAPING

Please note that WPS rule 6.6.2.1 will be in place for protective medical taping. Protective medical taping is allowed but must be approved prior to each session by the Para Technical Advisor during the warm-up session. Kinetic taping of joints or muscle groups is not permitted.

SUPPORT STAFF

Please note that WPS Rule 10.8.1 will be in place for support staff. Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.

DISQUALIFICATIONS & PROTESTS & JURY

DISQUALIFICATIONS:

- Disqualifications will be announced and include event number, heat number and lane number.

PROCEDURE FOR PROTESTS:

- Discuss DQ with the session Referee
- If not resolved, a written protest may be presented to the Referee. A written protest must be presented within 30 minutes after the conclusion of the **event** in question.
 - **Protest Forms available at the Admin Desk**
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal.
- The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club representative.

JURY OF APPEAL

- Chaired by the Meet Director (Nicole Parent)
- The Jury will consist of 3 people.
 - All efforts to appoint a coach to the Jury keeping in mind the coach must be least biased to the swimmer involved in the appeal and no vested interest in the outcome of the decision.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#). See [Overall Schedule](#) for Warm-Up times and assignments.

Fins and Hand Paddles are not permitted in the Competition Pool.

A reminder of the Swimming Canada Safety Warm-up procedure: Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. Jumping in a crowded warm-up lane constitute a dangerous fashion. Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.

In addition to Swimming Canada Competition warm up safety procedures, we remind all swimmers, coaches and officials to follow simple warm up etiquette.

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
- Swimmers using sprint and start lanes must be directly supervised by their coaches

WARM-UP/COOL-DOWN AVAILABILITY

- The Dive Tank will be available during the competition for warm-up / cool-down.
 - The Dive Tank is NOT available from 2 PM to 4 PM on Wednesday & Sunday during the distance sessions.
 - During Prelims warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Dive Tank during warm-up periods and split warm-up teams designation.
 - During Finals warm-up periods: the Dive tank is available. **Warm-ups are restricted to swimmers racing in the current session.**
- Please see the [Overall Schedule](#).
- **Fins and Hand Paddles are not permitted in the Dive Tank during warm-up periods and busy times.**

WARM-UP LANE BREAKDOWN

Prelims	Day 1,3,5 WU1 – Codes A to M WU2 – Codes N to Y Day 2,4 WU1 – Codes N to Y WU2 – Codes A to M	6:50 - 7:35 AM (WU1) 7:40 - 8:25 AM (WU2)	Sprint /Start Lanes open 7:15 AM – WU1 8:05 AM – WU2
Distance	Day 1 & 5 11:00 – 11:25 AM		No Sprint / Start Lanes Lane 9 – Pace Lane

Finals	Day 1,5 5:00 – 5:50 PM Day 2,3,4 5:30 – 6:20 PM	Sprint /Start Lanes open Day 1, 5 5:25 PM Day 2,3,4 5:55 PM
Youth	Day 2 12:15 – 1:10 PM Day 3,4 1:15 – 2:10 PM	Sprint /Start Lanes open Day 2 12:40 PM Day 3,4 1:40 PM

Warm-ups in the competition pool is restricted to swimmers racing in the current session.

Fins and Hand Paddles are not permitted in the Competition Pool.

Lane Designation

Lane	Lane Designation for OPEN Session	Lane Designation for YOUTH Session
Lane 0	PARA & SOC All Warm-up	Start Lane (Spring Lane sign) <i>from start end</i> may exit the side when past 15m Backstroke Ledge available Day 2,4
Lane 9	Start Lane (Spring Lane sign) <i>from start end</i> may exit the side when past 15m Backstroke Ledge available Day 1,3,4	Start Lane (Spring Lane sign) <i>from start end</i> may exit the side when past 15m Backstroke Ledge available Day 2,4
Lane 8	Sprint Lane <i>from start end</i> must swim to <u>end of lane and exit</u> No Backstroke Ledge	Sprint Lane <i>from start end</i> must swim to <u>end of lane and exit</u> No Backstroke Ledge
Lane 1 if required	Sprint Lane <i>from start end except DAY 4 which will be from turn end</i> must swim to <u>end of lane and exit</u> No Backstroke Ledge	Sprint Lane <i>from start end except DAY 3 which will be from turn end</i> must swim to <u>end of lane and exit</u> No Backstroke Ledge

ADMINISTRATIVE DESK DEADLINES

OFFICIAL SPLITS

- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted 30 mins before the start of the session.

HEATS SHEETS & RELAY FORMS

- Heat Sheets & Relay Forms will be available at the Admin Desk at the start of warm-up sessions.
- The deadline for relay name submission is 30 mins prior to the start of the session in which the relay will be swum.

SCRATCHES

All scratches for events with scratch deadlines must be submitted using the [Online Scratch Form](#)

OPEN & DISTANCE SESSIONS

There will be no scratch deadline for preliminary events.

- The deadline for scratches for relays events is 30 minutes before the start of the **preliminary session on the day the event is scheduled** (8 AM)
- The deadline for scratches for the 800 and 1500 Free is 30 mins after the start of **prelims session on the day the event is scheduled** (9 AM)
- All Scratches for Finals from preliminary events results must be provided to the Admin Desk within 30 minutes after **the completion of the last preliminary event**.

YOUTH SESSIONS

NO scratch deadline for 200m and below events including relays.

- The deadline for scratches 400 Free, 400 IM & 800 Free is 30 minutes before the start of the **Youth session on the day the event is scheduled**.

PENALTY

Failure to participate in an individual **FINAL** or the time final event with a scratch deadline without meet management's knowledge and consent will result in a **\$100 fine** for each offence payable to Swim Ontario.

This applies to the 400 Free, 400 IM or 800 free of the youth sessions & 800/1500 free + relays for the open session.

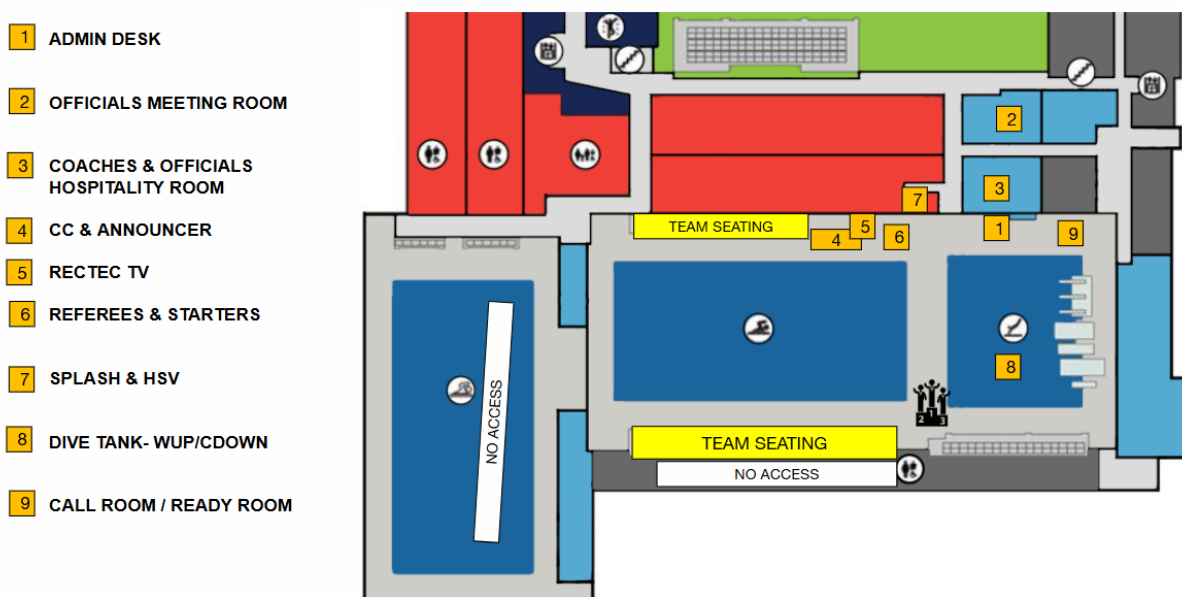
- All fines for "No-Shows", "step-downs" and "unexcused incomplete swims" will be recorded by the Admin desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2024-25-Prov-Meet-penalty-form>

SWIM OFFS

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- **Coaches are to report to the Admin Desk when a swim-off is announced.**

DECK LAYOUT

- Massage Tables and Ice Baths will not be permitted on deck at this event.



PRELIMS, DISTANCE & YOUTH SESSIONS PROTOCOLS

- All athletes are expected to self-marshall during prelims, distance and youth sessions.
- It is the responsibility of swimmers to be ready behind the block for their heat.
- Missed swims will not be accommodated.

FINALS PROTOCOL

The Call Room/Ready Room will be located at the North West Corner of the Dive Tank.

- There will be NO positive check-in during the finals warm-up periods
- All individual A & B finalists, including alternates **must** report to the Call Room/Ready Room for Finals and check in with the Call Room Supervisor no later than **15 minutes before the scheduled race time.**
 - **Access to the call room is via behind the Diving Towers.**
 - Finalists will be replaced by alternates if they do not report to the ready room by the designated time.
 - A finalists will be released from the call room for their race and be introduced behind the blocks.
 - Note: strobing light show will be in effect for march-on. Any issue with athletes/coaches please let the Meet Director know.
 - B finalists will be introduced during the race.
 - Alternates are to remain in the designated area until released by the Call Room Supervisor or designate.
- For Finals, Relay teams are to check in to the Call Room/Ready Room 15 min before scheduled race time and remain in the designated area until released by the Call Room Supervisor.

Back-to-Back finals events

- Only for Athletes with back-to-back final swims within 30 mins
- The Call Room Supervisor will be provided with a list of approved swimmers that can report to the call room 5 mins before the start of their race. Swimmers will be informed when they report for their first race if approved.
- Swimmers reporting past the 5 mins mark will be replaced with an alternate.

A reminder that this only applies to swimmers with back-to-back events. All other swimmers must report 15 mins prior to the start of their race.

RACE TEK VIDEO ANALYSIS

As a service for Ontario clubs, Swim Ontario has arranged for RaceTek Race Video to provide full Race Video coverage for all Open Session Finals and the last 3 Timed Finals in all Youth Events. These Race Videos will be made available to all Swim Ontario affiliated Clubs/Teams at no cost for clubs.

[See flyer for other RaceTek services](#)

OSC25 Dropbox

Link: <https://www.dropbox.com/scl/fo/jzkfk33nzovvvegju7v/AAZl9de1Ss4Pp3c7AcXdOwA?rlkey=mrgb1fwtbv27achxn995rvaxh&st=g7a042kp&dl=0>

OPEN SESSIONS:

- All Finals will have three (3) Race Videos and will be named according to the Meet Name, Gender, Age Category, Event Name and Lanes (L0-2, L3-6 & L7-9).
- Sample file naming protocol: OSC25-W/M-15-16-200IM-FINAL-L3-6

YOUTH SESSIONS:

- The last 3 Timed Finals (TF) in each event will have three (3)
- Race Videos and will be named according to the Meet Name, Gender, Age Category, Event Name and Lanes (L0-2, L3-6 & L7-9).
- Sample file naming protocol: OSC25-W/M-12-200IM-TF-L3-6

For any questions about the meet format, conduct, facility, meet package, or technical bulletin, please contact [Nicole Parent](#) , Meet Director, 2025 OSC.

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.

