



ONTARIO SWIMMING CHAMPIONSHIPS

Estimated Timelines - Finals Day 3

Friday July 11

End of Warm-Up 18:20

Officials on-deck positions 18:22

O Canada & Introductions: Referees 18:23

#	EVENT	AGE	HEAT	INTRO	START	FINISH
13	200 m BACK (W)	14&Under	A Final	18:29	18:30	18:32
13	200 m BACK (W)	14&Under	B Final	in water	18:33	18:35
13	200 m BACK (W)	15-16	A Final	18:36	18:37	18:40
13	200 m BACK (W)	15-16	B Final	in water	18:41	18:43
13	200 m BACK (W)	17+	A Final	18:44	18:45	18:47
13	200 m BACK (W)	17+	B Final	in water	18:48	18:51
14	200 m BACK (M)	14&Under	A Final	18:52	18:53	18:55
14	200 m BACK (M)	14&Under	B Final	in water	18:56	18:58
14	200 m BACK (M)	15-16	A Final	18:59	19:00	19:03
14	200 m BACK (M)	15-16	B Final	in water	19:04	19:06
14	200 m BACK (M)	17+	A Final	19:07	19:08	19:10
14	200 m BACK (M)	17+	B Final	in water	19:11	19:13
209	100 m BACK (W) PARA	OPEN	A Final	19:14	19:15	19:17
210	100 m BACK (W) PARA	OPEN	A Final	19:18	19:19	19:21
211	50 m BACK (W) PARA	OPEN	A Final	19:22	19:23	19:24
15	400 m IM (W)	14&Under	A Final	19:25	19:26	19:32
15	400 m IM (W)	15-16	A Final	19:33	19:34	19:39
15	400 m IM (W)	17+	A Final	19:40	19:41	19:47
16	400 m IM (M)	14&Under	A Final	19:48	19:49	19:54
16	400 m IM (M)	15-16	A Final	19:55	19:56	20:01
16	400 m IM (M)	17+	A Final	20:02	20:03	20:07
213	100 m FLY (W) PARA	14&Under	A Final	20:08	20:09	20:11
214	100 m FLY (M) PARA	14&Under	A Final	20:12	20:13	20:14
215	50 m FLY (W) PARA	15-16	A Final	20:15	20:16	20:18
107	4x200 m FREE RELAY (W) (FH)	15-16	A Final	in water	20:19	20:28
108	4x200 m FREE RELAY (M) (FH)	17+	A Final	in water	20:29	20:37

*** All individual awards presentations to occur immediately following A final, concurrently with racing

9 - Friday Finals

2025-07-11 - 18:30

Event 13 Women, 200m Backstroke Open
2025-07-11 Startlist Finals

Ontario provincial records Open	2:05.42	MASSE, Kylie	WEST/UT	2021
Ontario provincial records 17	2:06.36	RUCK, Taylor	SCAR/HPCO	2018
Ontario provincial records 16	2:09.88	KRYGER, Madison	BROCK Victoria	2025
Ontario provincial records 15	2:11.96	KRYGER, Madison	BROCK	2024
Ontario provincial records 14	2:13.85	KRYGER, Madison	BROCK	2023
Ontario provincial records 13	2:14.28	MCINTOSH, Summer	ESWIM	2020

Age Club	Classification	Age Club	Classification
<u>Final A, 14 years and younger</u>		<u>Final B, 14 years and younger</u>	
0 HO, Abigail 13 APEX	2:29.75	0 HERZOG, Camryn 14 TSC	2:34.38
1 TRAN, B. 14 OAK	2:29.52	1 WATSON, Alexa 13 MSSAC	2:33.20
2 TRIPP, Helena 14 KBM	2:28.00	2 HULL, Gwyneth 14 GSH	2:32.47
3 FENWICK, Isla 14 BROCK	2:26.26	3 BOODY, Miriam 14 LAC	2:31.87
4 WIELAND, Elena 14 ESWIM	2:24.23	4 TAI, Wendy 13 MSSAC	2:30.85
5 PALACHIK, Jane 14 NYAC	2:25.25	5 VILCHEZ, Clara 14 BTSC	2:31.70
6 RICHARDSON, J. 13 OYO	2:27.46	6 RUSU, Erica 14 MAC	2:31.90
7 JIN, Alice 14 RHAC	2:29.03	7 NAGENGAST, M. 14 LSC	2:33.00
8 RIX, Sophie 14 MUSAC	2:29.56	8 FRANZOI, Siena 14 TSC	2:33.50
9 GREGORIC, Avelyn 14 ESWIM	2:30.31	9 RENWICK, Bronwyn 14 WS	2:34.49

<u>Reserves, 14 years and younger</u>		<u>Final A, 15 - 16 years</u>	
TIGERT, Sophie 14 TSC	2:34.97	0 PATTERSON, I. 15 LAC	2:26.87
MARKOWSKY, Ella 14 BAD	2:35.04	1 DU, Le Anne 15 ROW	2:25.72
		2 WALKER, Chloe 15 USC	2:22.93
		3 TIGERT, Leah 16 TSC	2:22.55
		4 KRYGER, Madison 16 BROCK	2:13.51
		5 TOMIC, Mia 16 ROW	2:19.82
		6 PHANEUF, Ella 16 MMST	2:22.84
		7 XU, Sunny 16 ROW	2:23.90
		8 GUO, Olivia 15 ROW	2:26.80
		9 MUSCAT, Hayley 15 CW	2:26.92

<u>Final B, 15 - 16 years</u>		<u>Reserves, 15 - 16 years</u>	
0 MURDOCH, Hailey 16 CAJ	2:31.37	GATTO, Anna 15 UNCAN	2:32.89
1 TOMORY, Zoe 16 LSC	2:29.82	HILTZ, Stella 15 SWOTT	2:32.91
2 GINZBURG, Leah 16 RAMAC	2:29.14		
3 PITTS, Payton 16 EBSC	2:27.71		
4 JOUBERT, Eva 15 ESWIM	2:27.31		
5 BENNETT, Anika 16 OTTER	2:27.48		
6 BACH, Grace 15 WAAC	2:29.12		
7 ARSENAULT, Zoe 15 HHBF	2:29.34		
8 ANSTETT, Sophia 16 RCAQ	2:30.69		
9 BASIC, Kristina 15 RAMAC	2:31.79		

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 13, Women, 200m Backstroke, Final

Final A, 17 years and older

0	THEBARGE, Jessica	19	GO
1	OKE, Hayley	18	MUSAC
2	WALTERS, Jenna	18	GMAC
3	BEZANSON, Maya	18	TSC
4	ROGERS, Olive	17	ESWIM
5	KNIGHT, Avery	17	BTSC
6	KISSUK, Sophie	18	ESWIM
7	HO, Michelle	17	APEX
8	MELANSON, Isabelle	20	GO
9	LIPTON, Harper	17	NYAC

2:22.99
2:22.67
2:22.38
2:19.99
2:17.89
2:19.64
2:20.58
2:22.59
2:22.73
2:23.65

Final B, 17 years and older

0	NGUYEN, Ariel	17	OAK	2:30.73
1	OUWEHAND, Leah	17	GHAC	2:29.87
2	BROPHY, Fiona	17	CPWD	2:27.78
3	LJUCKANOV, Lilian	18	AJAX /OSA	2:26.63
4	VADEIKA, Robin	19	LAC	2:25.29
5	BLEAKNEY, Lila	19	GGST	2:25.82
6	TOEWS, Bevin	17	MAC	2:27.50
7	WILKIE, Ashley	17	MAC	2:29.54
8	TAKACS, Samantha	17	BTSC	2:29.98
9	VICENTE, Savannah	17	TSC	2:31.86

Reserves, 17 years and older

FRICKLETON, A.	17	TSC	2:32.46
CHUNG, Emma	17	SCAR	2:32.52

Event 14
2025-07-11

Men, 200m Backstroke

Open
Startlist Finals

Ontario provincial records Open	1:58.06	ORIWOL, Tobias	TSC	2012
Ontario provincial records 17	2:00.08	BRENNAN, Francis	BBST	2025
Ontario provincial records 16	2:00.88	ORIWOL, Tobias	ESWIM	2001
Ontario provincial records 15	2:00.03	ORIWOL, Tobias	ESWIM	2001
Ontario provincial records 14	2:05.16	ORIWOL, Tobias	ESWIM	2000
Ontario provincial records 13	2:12.93	STOKES, Richie	ESWIM	2014

Age Club				Classification	Age Club				Classification
Final A, 14 years and younger					Final B, 14 years and younger				
0	GUAN, Miles	14	RHAC	2:21.93	0	MCDONALD, Aiden	13	SLSC	2:24.85
1	CAMERON, Liam	14	TSC	2:19.56	1	SINGFIELD, Liam	13	OAK	2:23.41
2	HELMAN, Jonathan	14	DUCKS	2:18.91	2	BELL, Zachary	14	HAC	2:22.94
3	TAN, Kaleb	14	TORCH	2:15.95	3	HAMMOND, Luke	13	LSC	2:22.63
4	O'ROURKE, Fynn	14	GMAC	2:13.73	4	SCHURMANS, Liam	14	UCRO	2:22.54
5	ELLIOT, Liam	14	NKB	2:14.71	5	DIXON, Quintin	14	TSC	2:22.60
6	GRAY, Jack	13	CAJ	2:16.99	6	SHEN, Andrew	14	MAC	2:22.87
7	MCCURDY, Myles	13	TSC	2:19.09	7	FALKINER, Rhyker	14	HSC	2:23.14
8	BI, Lucas	13	NSSC	2:20.33	8	KELLER, James	14	MAC	2:23.64
9	BARKER, Ben	14	GSH	2:22.37	9	ZHANG, Marvin	13	DUCKS	2:26.16

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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event



Event 14, Men, 200m Backstroke, Final

Reserves, 14 years and younger

MCGREGOR, Noah	14	SLSC	2:26.42
SFORZA, Owen	13	BROCK	2:28.44

Final A, 15 - 16 years

0 PECORELLA, Sam	15	CATS	2:15.13
1 JUNG, Owen	15	GO	2:15.05
2 NYKOLYN, Dennis	16	ESWIM	2:14.31
3 FRIGHT, Cullen	16	AJAX /OSA	2:13.00
4 POSTERNAK, Maty	16	ESWIM	2:09.37
5 SCHINKELSHOEK, G.	16	WAC	2:12.96
6 BEATTY, Evan	16	BTSC	2:14.20
7 CHONG, Maxwell	15	MAC	2:14.45
8 HAY, Hudson	15	COBRA	2:15.10
9 GOODE, Griffin	16	MSSAC	2:15.30

Final B, 15 - 16 years

0 HEIDEN, Liam	16	KBM	2:18.89
1 ABDELWAHED, Ziad	16	OAK	2:18.14
2 FORD, James	15	SLSC	2:17.65
3 DUNCAN, Ewan	15	SLSC	2:17.20
4 KO, Liam	15	NKB	2:15.39
5 LLOYD-BEE, Lucas	16	ROW	2:16.49
6 ROBINSON, Carter	16	GO	2:17.41
7 ARBEAU, Aiden	16	OTTER	2:17.84
8 COOKE, Jackson	16	LAC	2:18.85
9 MARLOW, Bradley	15	LAC	2:19.32

Reserves, 15 - 16 years

CHURCH, Michael	15	WAC	2:21.03
DERONETH, Saul	15	GO	2:21.26

Final A, 17 years and older

0 KAY, Declan	18	SCAR /OSA	2:12.21
1 BAILEY, Damien	19	NYAC	2:11.22
2 NOLAN, Declan	18	LAC	2:10.89
3 WINTERBORN, B.	19	UT	2:07.88
4 BRENNAN, Francis	17	BBST	2:00.96
5 HARRISON, Jaques	18	CREST	2:02.86
6 BROCK, Holden	19	NYAC	2:09.68
7 VILCHEZ, Lucian	17	BTSC	2:10.97
8 DIETZ, Brian	18	ESWIM	2:11.63
9 GEMMELL, Lucas	17	MAC	2:12.63

Final B, 17 years and older

0 MONGEON, James	17	NCA	2:16.79
1 BRADWIN, Noah	17	GMAC	2:15.88
2 KIM, Eun - Woo	17	RHAC	2:15.32
3 WICK, Rowan	19	LAC	2:13.93
4 GALLACHER, J.	18	UCRO	2:13.36
5 CHAN, J.	17	NYAC	2:13.76
6 STONEBURGH, O.	20	GHAC	2:15.20
7 DU, Samuel Jinyang	17	MST	2:15.42
8 STEELE, Thomas	20	UG	2:16.76
9 ZIELINSKI, Adam	22	OAK	2:17.28

Reserves, 17 years and older

TULLY, Emerson	17	ESWIM	2:17.42
PYZER, Carson	17	TORCH	2:18.28

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event



Event 209 Women, 100m Backstroke S1-S2, S6-S14
2025-07-11 PARA Startlist Final

	Age	Team	Class	Exceptions	
<u>Final</u>					
0					
1					
2					
3	22	RCAQ /OSA	S6	12,3,4,A	1:42.10
4	19	OAK	S10	+,12,3,5	1:10.84
5	22	BROCK	S14	0	1:12.87
6	13	BTSC	S6	+,12,3,5,A	1:55.85
7					
8					
9					

Event 210 Men, 100m Backstroke S1-S2, S6-S14
2025-07-11 PARA Startlist Final

	Age	Team	Class	Exceptions	
<u>Final</u>					
0					
1					
2	23	RCAQ	S14	0	1:27.80
3	23	GHAC	S14	A	1:21.07
4	17	MUSAC	S14	0	1:12.20
5	13	OTTER	S10	+,12,3,5,A	1:13.22
6	24	GHAC	S14	0	1:23.60
7					
8					
9					

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 211 Women, 50m Backstroke S1-S5
2025-07-11 PARA Startlist Final

	Age	Team	Class	Exceptions	
<u>Final</u>					
0					
1					
2					
3					
4	TUCKER, Jordan	23 RCAQ	S4	1,12,2,4,A	1:03.62
5	LEMIEUX, Myla	14 KAP	S5	+,1,12,2,4,A	1:22.43
6					
7					
8					
9					

Event 15 Women, 400m Medley Open
2025-07-11 Startlist Finals

Ontario provincial records Open	4:23.65	MCINTOSH, Summer	UNCAN	Victoria	2025
Ontario provincial records 17	4:40.65	MCINTOSH, Summer	UNCAN		2024
Ontario provincial records 16	4:25.87	MCINTOSH, Summer	UNCAN		2023
Ontario provincial records 15	4:29.01	MCINTOSH, Summer	ESWIM/HPCO		2022
Ontario provincial records 14	4:46.69	BELLIO, Katrina	ESWIM		2019
Ontario provincial records 13	4:50.43	MCINTOSH, Summer	ESWIM		2020

	Age	Club	Classification		Age	Club	Classification	
<u>Final, 14 years and younger</u>					<u>Reserves, 14 years and younger</u>			
0 BATTRICK, Marissa	14	BTSC	5:22.60		TAYLOR, Blayke	13	BTSC	5:26.38
1 THORNLEY, Daniela	14	TSC	5:20.98		WIGHTON, Natalie	14	OAK	5:26.91
2 RUS, Sophie	14	ROW	5:19.96					
3 HERRINGTON, Esli	13	TSC	5:09.95					
4 CHAI, Lily	14	MAC	5:05.12					
5 HORNBY, Kaia	14	BTSC	5:06.43					
6 GREENAWAY, Molly	14	GSH	5:19.72					
7 WIELAND, Elena	14	ESWIM	5:20.27					
8 GREGORIC, Avelyn	14	ESWIM	5:22.00					
9 SHAHI, Erika	14	RHAC	5:25.29					

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 15, Women, 400m Medley, Final

Final, 15 - 16 years

0	COFFIN, Sarah	16	CW	5:21.00
1	BENNETT, Anika	16	OTTER	5:18.05
2	STOKLEY, Grier	15	LAC	5:15.39
3	HARRISON, Ella	15	CREST	5:09.19
4	CABEZAS GARZON, M16	ESWIM	5:02.74	
5	COOPER, Isabella	15	LSC	5:05.06
6	STOKLEY, Lauren	15	LAC	5:10.80
7	VROOM, Kaelyn	15	BTSC	5:18.03
8	SONG, Anna	16	OAK	5:20.12
9	TURTON-SUGDEN, E.	16	MMST	5:21.65

Reserves, 15 - 16 years

MUSCAT, Hayley	15	CW	5:21.81
SABRY, Dahlia	15	ESWIM	5:21.89

Final, 17 years and older

0	TOEWS, Avery	17	MAC	5:10.97
1	LEIGH, Peyton	17	BROCK	5:09.12
2	CHRISTIE, Claire	19	GGST	5:07.60
3	CHAI, Amy	17	MAC	5:01.56
4	ORAVSKY, Laila	18	BTSC	5:00.51
5	WANG, A.	18	MAC	5:01.48
6	VROOM, Taira	18	BTSC	5:02.58
7	SUN, Victoria	17	MAC	5:08.54
8	DANKS, Chloe	18	GO	5:09.59
9	DREGHICI, Jessica	18	CW	5:15.94

Reserves, 17 years and older

BROPHY, Fiona	17	CPWD	5:16.19
BURTON, Isabelle	17	LAC	5:17.07

Event 16
2025-07-11

Men, 400m Medley

Open
Startlist Finals

Ontario provincial records Open	4:11.74	JANKOVICS, Tristan	RCAQ	2024
Ontario provincial records 17	4:22.39	BAUMANN, Alex	LUSC	1981
Ontario provincial records 16	4:22.90	BAUMANN, Alex	LUSC	1980
Ontario provincial records 15	4:24.27	ORIWOL, Tobias	ESWIM	2001
Ontario provincial records 14	4:32.39	ORIWOL, Tobias	ESWIM	2000
Ontario provincial records 13	4:44.79	KWINTER, Charlie	ESWIM	2018

	Age	Club	Classification		Age	Club	Classification	
<u>Final, 14 years and younger</u>				<u>Reserves, 14 years and younger</u>				
0	ZHANG, Xuanyi	14	OAK	5:07.11	YAO, Lucas	13	GO	5:07.19
1	SARVARI, Oliver	14	TSC	5:05.10	FUJIWARA, Nayuta	14	TSC	5:08.41
2	SCANLAN, Kai	14	TSC	5:01.40				
3	GRAY, Jack	13	CAJ	4:57.45				
4	KELLER, James	14	MAC	4:55.90				
5	GRUNEWALD, Marc	14	OAK	4:57.39				
6	BI, Lucas	13	NSSC	5:00.21				
7	MA, Ruixuan	14	MAC	5:04.15				
8	ELLIOT, Liam	14	NKB	5:05.24				
9	REDHEAD, A.	13	OAK	5:07.14				

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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 16, Men, 400m Medley, Final

Final, 15 - 16 years

0	BAAS, Owen	16	SLSC	4:48.62
1	SEGUIN, Griffin	15	BTSC	4:46.53
2	MCCONACHIE, W.	15	BTSC	4:45.61
3	WATSON, Scott	16	MAC	4:44.37
4	CESCON, Benjamin	16	CREST	4:38.21
5	DIOMIN, Daniel	16	RHAC	4:43.51
6	YAO, Alex	15	MAC	4:45.47
7	BROWN, Connor	16	CW	4:45.85
8	LEE, Aidan	15	CREST	4:46.68
9	STREDWICK, T.	16	OSAC	4:49.13

Reserves, 15 - 16 years

LLOYD-BEE, Lucas	16	ROW	4:49.54
ABDELWAHED, Ziad	16	OAK	4:50.72

Final, 17 years and older

0	BANTA, Jared	19	BROCK	4:45.82
1	VON WASILEWSKI PEY17	17	BTSC	4:44.25
2	CAPRAZ, M.	17	NKB	4:42.53
3	THOMPSON, Oliver	17	OAK	4:41.56
4	HARRISON, Jaques	18	CREST	4:26.95
5	SCHAEPPER, Jordan	18	NKB	4:34.18
6	UY, Rowen	20	NYAC	4:41.82
7	KUNG, Owen	17	MAC	4:44.06
8	KONG, Kiet	17	MAC	4:44.58
9	WU, Fung Lin	17	ESWIM	4:45.97

Reserves, 17 years and older

RADIC, George	17	MAC	4:47.34
SHUSTER, Lleyton	20	OAK	4:48.58

Event 213
2025-07-11

Women, 100m Butterfly
PARA

S8-S14
Startlist Final

	Age	Team	Class	Exceptions		
<u>Final</u>						
0						
1						
2						
3	19	BTSC	S14	0	1:31.39	
4	15	OTTER	S13	T	1:10.15	
5	22	OSAC /OSA		+,12,A	1:13.68	EXH
6						
7						
8						
9						

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 214 Men, 100m Butterfly S8-S14
2025-07-11 PARA Startlist Final

	Age	Team	Class	Exceptions	
<u>Final</u>					
0					
1					
2	16	PICK	S9	+,12,3,5,A	1:21.07
3	23	GHAC	S14	A	1:09.91
4	29	ROW	S10	+,12,3,5	1:00.97
5	17	MUSAC	S14	0	1:08.38
6	23	COBRA	S11	B,T	1:11.97
7					
8					
9					

Event 215 Women, 50m Butterfly S1-S7
2025-07-11 PARA Startlist Final

	Age	Team	Class	Exceptions	
<u>Final</u>					
0					
1					
2					
3	14	KAP	S5	+,1,12,2,4,A	1:19.45
4	22	OAK	S7	+,12,3,5,A	39.73
5	23	RCAQ	S4	1,12,2,4,A	54.07
6					
7					
8					
9					

Scratches



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Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event

Event 107 2025-07-11	Women, 4 x 200m Freestyle				Open Startlist
Ontario provincial records	7:43.77	HPCO	HPCO		2021

	Club	Classification		Club	Classification
<u>Heat 1 of 1</u>					
0	Oakville Aquatic Club 1	OAK	8:47.57		
1	Lakeshore Swim Club 1	LSC	8:43.54	L	
2	North York Aquatic Club 1	NYAC	8:40.59		
3	Markham Aquatic Club 1	MAC	8:28.25		
4	Toronto Swim Club 1	TSC	8:09.05		
5	Etobicoke Swim Club 1	ESWIM	8:17.80		
6	Barrie Trojan Swim Club 1	BTSC	8:29.40		
7	Richmond Hill Aquatic Club 1	RHAC	8:42.46		
8	Region Of Waterloo Swim	CROW	8:45.75		
9	Greater Ottawa Kingfish S.	GO	8:49.04		

Event 108 2025-07-11	Men, 4 x 200m Freestyle				Open Startlist
Ontario provincial records	7:30.61	ESWIM	ESWIM		2009

	Club	Classification		Club	Classification
<u>Heat 1 of 1</u>					
0	COBRA Swim Club 1	COBRA	8:04.46		
1	Barrie Trojan Swim Club 1	BTSC	7:59.81		
2	North York Aquatic Club 1	NYAC	7:56.32		
3	Windsor Aquatic Club 1	WAC	7:52.20		
4	Markham Aquatic Club 1	MAC	7:45.31		
5	Etobicoke Swim Club 1	ESWIM	7:49.18		
6	Oakville Aquatic Club 1	OAK	7:53.38		
7	Mississauga Aquatic Club 1	MSSAC	7:57.23		
8	Nepean Kanata Barracudas	NKB	8:02.81		
9	Greater Ottawa Kingfish S.	GO	8:04.78		

Scratches



Scan Here

Scratch Deadlines
Open Relays (8AM) & 800/1500 (9AM) on day of distance/relay takes place
Youth 800 & 400s - 30 mins before start of session
Finals - 30 mins after last prelim event