

Brief Meet Information

MEET NAME	2026 Huronia Region Short Course Championships
DATE(s):	February 6 - 8 2026
HOSTED BY:	Orngeville Otters Swim Club
LOCATION:	275 Alder St., Orngeville ON, L9W 5H6
FACILITY:	Alder Street Recreation Centre, 25m 8 lane pool
PURPOSE & DESCRIPTION:	To celebrate competitive swimming within the Huronia region. This event recognizes and honors the dedication of swimmers, coaches, and officials who contribute to the sport. It serves as an opportunity to award the Huronia Region Short Course Team Champion and to strengthen connections among clubs and members. Through spirited competition and collaboration, the meet fosters partnerships, promotes sportsmanship, and builds lasting friendships across the region.
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	Jan 20, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Sean Smyth Stehanie Tavitian - Guthrie	officials@orangevilleotters.com	V IV
MEET MANAGER(S):	Jessica Noronha Meghan Norris	entries@orangevilleotters.com	
OFFICIALS COORDINATOR:	Jessica Noronha	entries@orangevilleotters.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

ADDITIONAL INFORMATION	<input checked="" type="checkbox"/> The following are approved by Swim Ontario Official Photographers/Videographers for this event: Vasiliy Ryabykh : https://www.vasiliy-ryabykh.com/2026-Huronia-Region-Short-Course-Championships
	<input type="checkbox"/> This event will be live streamed: https://www.youtube.com/@OttersStreaming

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and [Swim Ontario warm-up safety rules](#) will be in effect. Details [HERE](#)

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- **Warm up rules:**

- 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 pace lanes must be directly supervised by their coaches
- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

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 next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

AGE UP DATE:	The competitor's age is as the first day of the competition 06 Feb 2026
DIVE STARTS:	<p>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from deep end only <p>and/or</p> <ul style="list-style-type: none"> • from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from deep end only <p>and/or</p> <ul style="list-style-type: none"> • In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from deep end only
BACSTROKE LEDGES:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Ledges will be used and available for all ages and sessions
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start Strobe Light options <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facility-Provided Strobe Light: An external strobe light is available at this facility <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	<input checked="" type="checkbox"/> This meet is a Closed Invitational for the following clubs: Barrie Trojans Swim Club (BTSC), Breakers Swim Team (BST), Collingwood Clippers Swim Club (CCSC), Hanover Swim Club (HSC), Lindsay Lightning Bolts Swim Club (LLSC), Muskoka Aquatic Club (MUSAC), Orangeville Otters (OTTER), Orilla Channel Cats Swim Club (CATS), Owen Sound Aquatic Club (OSAC) and Peterborough Swim Club (PTBO). <input checked="" type="checkbox"/> This meet has Time Standards <input checked="" type="checkbox"/> for all individual events.
COACH & SUPPORT STAFF REGISTRATION:	<p>Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists. If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <p><input checked="" type="checkbox"/> Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> • not accept entries via email; • notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; • notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
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ENTRY DEADLINE:	<p>The preliminary entry deadline is <u>January 20, 2026</u>.</p> <p><input checked="" type="checkbox"/> The final entry deadline is January 26, 2026.</p>																								
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p><input checked="" type="checkbox"/> Individual Events: \$15 for 200m and below - \$18 400m - \$20 for, 800m and 1500m</p> <p><input checked="" type="checkbox"/> Relay Events: \$20</p> <p>Payment Method: e-transfer to accounting@orangevilleotters.com or cheque payable to Orangeville Otters Swim Club</p>																								
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p><input checked="" type="checkbox"/> The maximum number of participants per session is 250</p> <p><input checked="" type="checkbox"/> The maximum number of entries per swimmer is 7</p> <p><input checked="" type="checkbox"/> The maximum number of Bonus swims is 4. Bonus swims are limited to 200m events and below.</p> <table border="1"> <thead> <tr> <th></th><th># of Qualifying Times</th><th>Total Number of Individual Events Permitted</th></tr> </thead> <tbody> <tr> <td>Scenario A</td><td>7</td><td>7</td></tr> <tr> <td>Scenario B</td><td>6</td><td>6</td></tr> <tr> <td>Scenario C</td><td>5</td><td>5</td></tr> <tr> <td>Scenario D</td><td>4</td><td>1 (bonus swim)</td></tr> <tr> <td>Scenario E</td><td>3</td><td>2 (bonus swims)</td></tr> <tr> <td>Scenario F</td><td>2</td><td>3 (bonus swims)</td></tr> <tr> <td>Scenario G (12& under only)</td><td>1</td><td>4 (bonus swims)</td></tr> </tbody> </table>		# of Qualifying Times	Total Number of Individual Events Permitted	Scenario A	7	7	Scenario B	6	6	Scenario C	5	5	Scenario D	4	1 (bonus swim)	Scenario E	3	2 (bonus swims)	Scenario F	2	3 (bonus swims)	Scenario G (12& under only)	1	4 (bonus swims)
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RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p><input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete.</p> <p><input checked="" type="checkbox"/> A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>																								
ENTRY TIMES & CONVERSION:	<p><input checked="" type="checkbox"/> No Time (NT) entries are not permitted.</p> <p><input checked="" type="checkbox"/> Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved.</p> <p><input checked="" type="checkbox"/> Qualifying Standards (Time Standards) are as follows:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> See Time Standards Section at the end of the meet package <input checked="" type="checkbox"/> Classified paralympic swimmers are exempt from qualifying standards for events up to 200m. <input checked="" type="checkbox"/> 13 & Over swimmers must possess two (2) qualifying times in order to participate at this event. <input checked="" type="checkbox"/> 1 Qualifying Time for swimmers 12 & under <p><input checked="" type="checkbox"/> Times will be converted by meet management after time validation</p>																								

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri. Feb. 6, 2026	6:30 AM - 7:25 AM	7:30 AM	12:00 PM	Prelims
2	Fri. Feb. 6, 2026	12:15 PM - 1:10 PM	1:15 PM	5:45 PM	Time Finals
3	Fri. Feb 6, 2026	6:00 PM - 6:25 PM	6:30 PM	9:00 PM	Finals
4	Sat. Feb. 7, 2026	6:30 AM - 7:25 AM	7:30 AM	12:00 PM	Prelims
5	Sat. Feb. 7, 2026	12:15 PM - 1:10 PM	1:15 PM	5:45 PM	Time Finals
6	Sat. Feb. 7, 2026	6:00 PM - 6:25 PM	6:30 PM	9:00 PM	Finals
7	Sun. Feb. 8, 2026	7:00 AM - 7:55 AM	8:00 AM	12:30 PM	Time Finals
8	Sun. Feb. 8, 2026	12:45 PM - 1:40 PM	1:45 PM	6:15 PM	Time Finals

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest. <input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
DECK ENTRIES:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Deck entries are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer. With approval of both the Meet Manager & Competition Coordinator \$20 per entry.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relay Cards are available at Admin Desk (Coach's Box) <input checked="" type="checkbox"/> The Relay Name submission deadline is 30 min after the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A scratch deadline will apply for finals events: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 30 minutes following the posting of results of last preliminary event in that session
PENALTIES:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Failure to participate in an event with a scratch deadline that results in an empty lane will result in following penalty: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fee: \$50
OFFICIAL SPLIT TIMES:	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Admin Desk at least 30 minutes prior to the commencement of the respective heat.</p> <p>Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk.

SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> • 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 tie is announced.
DISQUALIFICATION & APPEAL PROCEDURE:	<ul style="list-style-type: none"> • Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems. • A coach or team manager should discuss the disqualification with the Session Referee and can request to view the disqualification slip. • If not resolved after this discussion, a written appeal may be presented to the Session Referee from the coach or team manager. <ul style="list-style-type: none"> ◦ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ◦ Appeal on Referee Decision forms are available at the Admin Desk. • If not resolved after the decision of the written appeal from the Session Referee 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 appeal is communicated to the coach or team manager.
RECORDS:	<p><input checked="" type="checkbox"/> Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p><input checked="" type="checkbox"/> Unofficial Results will be posted at the meet (Admin Desk). <input checked="" type="checkbox"/> Unofficial mobile applications results will be available.</p>
SCORING:	<p>The following scoring will be applied: Individual 1st through 8th will be scored as follows: 20, 17, 16, 15, 14, 13, 12, 11 Relays 1st through 8th will be scored as follows 40, 34, 32, 30, 28, 26, 24, 22 Only the top 2 relay entries per club per event are eligible for scoring. All of the above placings will score, even if the qualifying time for the event is not achieved.</p> <p>Any 19&O swimmers, excluding para swimmers, will have their entries flagged as exhibition and not be eligible for advancement to finals or scoring points for their team.</p> <p>Any 19&O swimmer on a relay designates that relay team as exhibition</p>

AWARDS:	<p>The following will be awarded:</p> <p><u>Individual events:</u> Medals for 1st-3rd and ribbons for 4th-8th place. Individual awards and results will be broken out by gender and the following age groups apply: 10 & Under, 11, 12, 13, 14, 15, 16 & Over.</p> <p><u>Relay events:</u> Medals for 1st-3rd place. Relay awards and results will be broken out by gender and the following age groups apply: 10 & under, 11-12, 13-14 and 15 & Over.</p> <p>Huronia Swim Cap for 1st-3rd place in event 501, 502, 503, 504, 509, 510, 511, 512, 551, 552, 553, 554 559, 560, 561, 562.</p> <p>Championship Banner awarded to the Team with the highest total points Trophy for High Point Winner by gender and the following age groups: 10 & Under, 11, 12, 13, 14, 15, 16 & Over.</p>
ADDITIONAL INFORMATION:	<p>Meet Management reserves the right to limit the numbers of relays per club based on session time lines. Meet Management reserves the right to limit the number of 200m events for bonus swims based on session time lines.</p> <p>Please use the sign-up genius link to sign up for officiating: https://www.signupgenius.com/go/10C0E45AFAB22A1FFC43-60751150-2026</p> <p>12&U all events will be Timed Finals. 13&O Timed Final events: 800/1500 m FR & all relays. All other events will be swum prelims & finals. A Final only for 13, 14, & 15 year olds. 16&O will also run a "B final" if there are 20 or more entries at the entry deadline with A Finals swum first.</p>

Schedule of Events

Session 1 (prelims/*timed finals) Friday, February 6, 2026 Warm-up: 6:30 AM -- Start: 7:30 AM			
Women's #	Age Group	Event	Men's #
101	13 & over	200m IM	102
103	13 & over	100m Free	104
105	13 & over	50m Breast	106
107	13 & over	200m Fly	108
109	13 & over	100m Back	110
111	13 & over	800m Free* (mixed gender / Slow Heats)	111
501	13-14 year old	4x50m Free Relay	502
503	15 & over	4x50m Free Relay	504

Session 2 (time finals) Friday, February 6, 2026 Warm-up: 12:15 PM -- Start: 1:15 PM			
Women's #	Age Group	Event	Men's #
151	12 & under	200m IM	152
153	12 & under	100m Free	154
155	12 & under	50m Breast	156
157	10 & under	100m IM	158
159	11-12 year old	200m Fly	160
161	12 & under	100m Back	162
163	11-12 year old	800m Free (mixed gender)	163
551	10 & under	4x50m Free Relay	552
553	11-12 year old	4x50m Free Relay	554

Session 3 (finals) Friday, February 6, 2026 Warm-up: 6:00 PM -- Start: 6:30 PM			
Women's #	Age Group	Event	Men's #
111	13 & over	800 Free (mixed gender / Fastest Heat)	111
101	13 & over	200m IM	102
103	13 & over	100m Free	104
105	13 & over	50m Breast	106
107	13 & over	200m Fly	108
109	13 & over	100m Back	110

Session 4 (prelims)
Saturday, February 7, 2025
Warm-up: 6:30 AM -- Start: 7:30 AM

Women's #	Age Group	Event	Men's #
201	13 & over	200m Free	202
203	13 & over	100m Fly	204
205	13 & over	100m Breast	206
207	13 & over	50m Free	208
209	13 & over	200m Back	210
211	13 & over	400m Free	212
505	13-14 year old	4x100m Free Relay (mixed gender)	505
507	15 & over	4x100m Free Relay (mixed gender)	507

Session 5 (time finals)
Saturday, February 7, 2026
Warm-up: 12:15 PM -- Start: 1:15 PM

Women's #	Age Group	Event	Men's #
251	12 & under	200m Free	252
253	12 & under	100m Fly	254
255	12 & under	100m Breast	256
257	12 & under	50m Free	258
259	12 & under	200m Back	260
261	12 & under	400m Free	262
555	10 year old & under	4x100m Free Relay (mixed gender)	555
557	11-12 year old	4x100m Free Relay (mixed gender)	557

Session 6 (finals)
Saturday, February 7, 2026
Warm-up: 6:00 PM -- Start: 6:30 PM

Women's #	Age Group	Event	Men's #
201	13 & over	200m Free	202
203	13 & over	100m Fly	204
205	13 & over	100m Breast	206
207	13 & over	50m Free	208
209	13 & over	200m Back	210
211	13 & over	400m Free	212

Session 7 (time finals)
 Sunday, February 8, 2026
 Warm-up: 7:00 AM -- Start: 8:00 AM

Women's #	Age Group	Event	Men's #
301	13 & over	200m Breast	302
303	13 & over	50m Back	304
305	13 & over	400m IM	306
307	13 & over	50m Fly	308
309	13 & over	1500m Free (mixed)	309
509	13-14 year old	4x50m Medley Relay	510
511	15 & over	4x50m Medley Relay	512

Session 8 (time finals)
 Sunday, February 8, 2026
 Warm-up: 12:45 PM -- Start: 1:45 PM

Women's #	Age Group	Event	Men's #
351	11-12 year old	200m Breast	352
353	12 & under	50m Back	354
355	11-12 year old	400m IM	356
357	12 & under	50m Fly	358
559	10 & under	4x50m Medley Relay	560
561	11-12 year old	4x50m Medley Relay	562

Time Standards

Regional Time Standards