

MARCH 7 -10, 2019



ONTARIO YOUTH-JUNIOR
CHAMPIONSHIPS
SPRING MEET PACKAGE

HOSTED BY RICHMOND HILL AQUATIC CLUB

2019 ONTARIO YOUTH-JUNIOR CHAMPIONSHIPS

GENERAL INFORMATION

- ☐ Sanctioned by Swim Ontario
- ☐ Hosted by Richmond Hill Aquatic Club
- ☐ **Meet Format:** Long Course Championships – Heats and Finals for all age groups
- ☐ **Location:** Markham Pan Am pool , 16 Main St Unionville, ON L3R 2E4 <https://goo.gl/maps/HRU3x>
- ☐ **Facility:** 10-lane 50m; Swiss Timing system
- ☐ **Dates:** March 7 – 10, 2019
- ☐ **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

ORGANIZING COMMITTEE

- ☐ **Meet Manager:** Carrie Zhang, Level 3, meetmanager@rhac.ca
- ☐ **Competition Coordinator:** Richard Chan, Level 5, richardctchan@gmail.com
- ☐ **Officials Coordinator:** Carrie Zhang, Level 3, officials@rhac.ca

ENTRIES: SWIM ONTARIO

All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com for approval.

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada (SC), or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry.

- ☐ A competitor's age is their age as of the first day of the competition – **March 7, 2019**

ENTRY FEES

- ☐ **Individual Event:** \$15 including HST
- ☐ **Relay Event:** \$20 including HST
- ☐ **Splash Fee:** \$5 +HST (\$5.65) per swimmer (includes "relay only)
- ☐ **Payment:** Please make cheque payable to **Swim Ontario**

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ENTRY PROCESS

- ☐ **Entry Deadline:** February 25, 2019
- ☐ **Qualifying Period:** August 25, 2017 to February 25, 2019
- ☐ **Qualifying Standards:** [2018-2020 Ontario Youth-Junior Championships Standards](#) – PDF view
- ☐ **Meet de-qualifying:** Swimmers with 4 or more Ontario Swimming Championships standards are not eligible to attend Ontario Youth-Junior Championships.
- ☐ All swimmers must achieve at least 1 (one) [2018-2020 Ontario Youth-Junior Championships Standards](#)
- ☐ All entries received shall be UNCONVERTED. No converted times will be accepted. Yards times will not be accepted.
- ☐ No Time (NT) will not be accepted.
- ☐ Maximum of 8 individual events per swimmer

PARA SWIMMERS

Para designated swimmers may attend the Ontario Youth-Junior (OYJ) Champs without an OYJ qualifying time, however, OYJ qualifying times apply for the following events: 200 Back, 200 Breast, 200 Fly, 400 IM, 400/800/1500 Free for all swimmers. There will be no separate para-swimming events.

EVENT NUMBERING

- ☐ All able-bodied individual events: 1 – 99
- ☐ Relay events; 101 – 199

BONUS SWIMS

- ☐ Structure
 - a) 1 QT = 2 Bonus swims
 - b) 2 or more QTs= 1 Bonus swims without exceeding maximum limit
- ☐ 400/800/1500 Free and 400 IM events are NOT ELIGIBLE AS BONUS SWIMS
- ☐ Bonus swims must be entered with actual times for seeding purposes
- ☐ Please indicate bonus events by the BONUS check in Hytek Team Manager and other meet management software if available.

RELAYS

- ☐ **Clubs may enter a maximum of two (2) relay teams per event.**
- ☐ Clubs are permitted 1 (one) relay-only swimmer per age group, per relay event. Clubs are not permitted to enter Relay-Only swimmers if they have 4 or more swimmers in that specific age grouping that are properly entered in an individual event. Three (3) members of the relay team must be properly entered in an individual event. The fourth swimmer's name must appear on the entry grid as "Relay-Only".
- ☐ When a club enters more than one relay team, every member of every team must be properly entered in the meet in at least one individual event.
- ☐ Teams may move up no more than two swimmers from a younger category to fill a relay

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- **4x200 Free Relay:** The relay is open to all swimmers regardless of age on first day of competition. Coaches will need to provide proven times by the entry deadline for entry into these events and only the fastest **10** teams will be entered.

OUT-OF-PROVINCE ENTRIES

Please be advised that Ontario teams are given priority. Space permitting out of province teams will be served on a first come first serve basis. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions. In events with fewer than **10** Ontario athletes, “out-of-province” athletes may advance to the finals. In events with **10** or more Ontario athletes all out-of- province athletes will swim as exhibition.

FOREIGN COMPETITORS

All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver’s license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

SUBMISSION

- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca>
- Attending coaches must be listed when uploading entries file to www.swimming.ca
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries. Once received, **clubs have 48 hours after entry deadline to review this file and make corrections/modifications to entries.**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club’s entries will be accepted by Swim Ontario.
- The Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
 - a) [Club Information Online Form](https://form.jotform.com/SwimOntario/club-information-sheet) or copy and paste into browser <https://form.jotform.com/SwimOntario/club-information-sheet>
- Entries submitted without the online form submission will not be accepted. Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline, failure to complete the Club Information Online Form, or any other lack of compliance with Swim Ontario meet policy and procedure.
- Psych Sheets will be posted online at www.swimontario.com by noon 5 days prior to the competition – **March 2, 2019**
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted

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COMPETITION RULES

Swimming Canada and Swim Ontario rules will be in effect

Swim Ontario reserves the right to implement rule CGR 1.1.1.3

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

DIVE STARTS

As per the Facility Rules for Dive Starts, dive starts will be conducted from Starting Platforms (blocks) from both ends as per FINA FR 2.3 and SW 4.1.

AGE GROUPS

- ☐ A competitor's age is their age as of the first day of the competition.
- ☐ **Individual events:** 13&Under, 14 15, 16&Over (separate QT for 16 and 17&Over)
- ☐ **Relay events:** 14&U, 15&O (4x200 F.R. OPEN)

SEEDING

- ☐ After all times have been proven, entry times will be converted to LCM using Hy-Tek default conversion factor and seeded by time regardless of bonus swim designation.

PRELIMINARIES

- ☐ Preliminary heats will be swum senior seeded with fastest 3 heats circle seeded.
 - a) If necessary, the following options will be utilized
 - i) ~~Option 1 – If swimmer subscription is less than 700 or number of swims is less than 2,800, the session formats will be as follows:~~
 - ~~(1) Single ended~~
 - ~~(2) Heats & Finals for 400s~~
 - ~~(3) Meet Management reserves the right to double up 800 and 1500 distance events.~~
 - ii) **Option 2 – If swimmer subscription is more than 700 or number of swims is greater than 2,800 the session formats will be as follows:**
 - ~~(1) Chase starts~~
 - ~~(2) Timed Finals for 400s with fastest heat of each age group swimming in finals~~
 - ~~(3) Two per lane for the 800 and 1500 distance events.~~
 - (4) 20 min warmup followed by a Distance session for Thursday**

FINALS

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- ☐ In each finals event all female finals will swim, followed by all male finals; there is an “A” final only for all events.
 - a) 13&U
 - b) 14
 - c) 15
 - d) 16&O

800 AND 1500 FREE

- ☐ All distance events will be swum as timed finals seeded fastest to slowest by gender. Fastest heat by gender will compete during the finals session.
- ☐ Positive check-in is required *30 mins before start of prelims session* on the day of the respective distance event
- ☐ Fastest heat of distance event will be swum first during finals session
- ☐ Meet management reserves the right to alternate genders and/or swim 2 per lane.
- ☐ The 800 Free will alternate gender heats

RELAYS

- ☐ All relays will be swum as timed finals with the fastest 10 seeded teams competing as the last event at night.
- ☐ Coaches must have relay cards with names filled in and returned to the Clerk of the Course 30 minutes prior to the start of the session. No relay name changes will be accepted after this deadline
- ☐ The 4x200 Free Relay will be swum with the fastest 10 teams only (max 2 teams per club), by proven time, for men and women during finals on Day 1 and Day 3. The event will be swum following the 4x50 relays.

Meet Management reserves the right to combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.

OFFICIAL SPLITS

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 must advise the Referee prior to the commencement of the event in question on the “Official Split Request” form prior to the race.

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.

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SCARTCH RULES

TIMED FINAL EVENTS

- ☐ Distance and relays.
- ☐ The deadline for scratches / positive check in for timed final events is **30 minutes before the start of prelims session (8:00 AM)** on the day the event is scheduled to begin.
- ☐ Meet Management will ensure a full complement of swimmers with no empty lanes for the fastest heat.

FINALS

All Scratches from Finals must be provided to Clerk of Course within 30 minutes after the posting results of the **last prelim event** during Prelim sessions.

PENALTY FOR INDIVIDUAL EVENTS

Failure to participate in an Individual Event Finals or in **FASTEST HEAT** in Distance event (800/1500 FR) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.

PENALTY FOR RELAY EVENTS

Failure to participate in the **Fastest Heat of Relay Final** without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. **Relay penalties incurred during this provincial competition must be paid to Swim Ontario before the club's entry file is accepted for the next provincial competition.**

Penalties incurred during last day of meet must be paid to Swim Ontario before Club entry file is accepted for next Provincial meet

REGISTRATION INFORMATION

SAFETY AND LIABILITY

- ☐ Only Competitors, Certified Registered Coaches and Officials are allowed on deck.
- ☐ NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.
- ☐ Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

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SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

TEAM REGISTRATION

- ☐ **Wednesday, March 6, 2019 during pre-training 4 – 5:30 pm**
- ☐ **Thursday, March 7 and Friday March 8, 2019 6:30 am – 10:30 am and location**
- ☐ One coach designate from each team must complete the following:
 - a) Confirm list of coaches attending (see Coach Registration Policy and Safety & Liability)
 - b) Payment of entry fees

PRE-TRAINING

- ☐ **Wednesday, March 6, 2019 4 pm to 5:30 pm – 3 lanes SC space limited**
- ☐ Meet management requests any team requiring pre- meet training to contact the meet manager with their training needs by February 21, 2019. A schedule will be developed and published based on the clubs who require training.

COACHES' MEETING

Thursday, March 7, 2019 7:30 am, location TBD

RECORDS

- ☐ Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- ☐ Current Swimming Canada and Swim Ontario records will be posted near results posting area or printed in meet program.
- ☐ Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

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SCORING AND AWARDS

EVENT SCORING

- ☐ Only the top eight (10) individual events and relays score
- ☐ Individual Events: 30-25-20-15-14-13-12-11-10-9
- ☐ Relay Events: 60-50-40-30-28-26-24-22-20-18
- ☐ Foreign and out of province competitors do not score.
- ☐ Only times that meet the qualifying standard count towards team scoring.
 - a) In the 16&Over category: swimmers must meet the 16 year old meet standards to score points and be eligible for awards
- ☐ Reverse scoring will be in effect for any able-bodied in which there are less than 10 swimmers or teams:
 - a) 10 swimmers/teams per final: 30-25-20-15-14-13-12-11-10-9/ 60-50-40-30-28-26-24-22-20-18
 - b) 9 swimmers/teams per final: 25-20-15-14-13-12-11-10-9/ 50-40-30-28-26-24-22-20-18
 - c) 8 swimmers/teams per final: 20-15-14-13-12-11-10-9/ 40-30-28-26-24-22-20-18
 - d) 7 swimmers/teams per final: 15-14-13-12-11-10-9/ 30-28-26-24-22-20-18
 - e) 6 swimmers/teams per final: 14-13-12-11-10-9/ 28-26-24-22-20-18
 - f) 5 swimmers/teams per final: 13-12-11-10-9/ 26-24-22-20-18
 - g) 4 swimmers/teams per final: 12-11-10-9/ 24-22-20-18
 - h) 3 swimmers/teams per final: 11-10-9/ 22-20-18
 - i) 2 swimmers/teams per final: 10-9/ 20-18
 - j) 1 swimmer/team per final: 9/ 18

EVENT AWARDS

- ☐ **Medals:** first through third (regardless of qualifying times)
- ☐ **Ribbons:** Fourth through eighth
 - a) No ribbon if a swimmer does not make the qualifying time
 - b) No ribbons for relays

INDIVIDUAL AWARDS

- ☐ Individual High Point Awards will be awarded in the following age categories:
 - a) 13&U female and male
 - b) 14 female and male
 - c) 15 female and male
 - d) 16&O female and male
- ☐ Individual high point awards at the Ontario Swimming Championships will be based on High Point Aggregate by age group and gender (5-2-1)*
 - a) Swimmers must meet the qualifying standard to accumulate aggregate points
- ☐ *If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

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TEAM AWARDS

- **High Point Team-Overall:** The club with the highest points will be awarded a high point team banner
- **Small Team Award:** The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered competition swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition.
- **Best Performing Team Award** (*Quality Team Report in Hy-Tek MM*):
 - a) minimum 4 swimmers
 - b) swimmers must meet QT for this award
 - c) Abled bodied swimmers only
 - d) The highest scoring team based on the following formula:
 - i) ~~Only top 3 swims count for scoring~~
 - ii) [1st – 5 points; 2nd – 2 points; and 3rd – 1 point] divided by the total number of swimmers entered into the meet per team.
- **Tie Breaking Process for Team Awards at Provincial Competitions:**
 - a) In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:
 - i) Meet Management will rank the tied teams based on number of gold medals and the team with the highest total number of gold medals will be declared the winner.
 - ii) If a tie still remains; Meet Management will then rank the tied teams based on number of silver medals and the team with the highest total number of silver medals will be declared the winner.
 - iii) If a tie still remains; Meet Management will then rank the tied teams based on number of bronze medals and the team with the highest total number of bronze will be declared the winner.
 - iv) If a tie still remains; Meet Management will then rank the tied teams based on number of overall medals and the team with the highest total will be declared the winner.

SANCTIONED EVENTS PHOTOGRAPHY

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Swim Ontario for application and authorization (nicole@swimontario.com)

Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.

By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing within any championship venue shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

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PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Meet Management reserves the right to change event order or swim 2 per lane in distance events ensure reasonable session timelines

DAY 1 – THURSDAY, MARCH 7, 2019					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
3	100 Back	4	1	800 Free (FH)	2
5	50 Free	6	3	100 Back	4
7	200 Breast	8	5	50 Free	6
101	14&U 200 Medley Relay (SH)	102	7	200 Breast	8
103	15&O 200 Medley Relay (SH)	104	101	14&U 200 Medley Relay (FH)	102
	**Warmup: 20 min following conclusion of event 103				
	Distance Session				
1	800 Free (SH)	2	103	15&O 200 Medley Relay (FH)	104
	Event 1 & 2 will alternate genders			OPEN 800 Free Relay (FH)	106
DAY 2 – FRIDAY, MARCH 8, 2019					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
11	200 Free	12	9	1500 Free (FH)	
13	400 IM	14	11	200 Free	12
15	100 Fly	16	13	400 IM	14
107	14&U 400 Free Relay (SH)	108	15	100 Fly	16
109	15&O 400 Free Relay (SH)	110	107	14&U 400 Free Relay (FH)	108
9	1500 Free (SH)		109	15&O 400 Free Relay (FH)	110

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: 13&U, 14, 15, 16&O

SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age

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DAY 3 – SATURDAY, MARCH 9, 2019					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
19	100 Free	20		1500 Free (FH)	18
21	200 Fly	22	19	100 Free	20
23	100 Breast	24	21	200 Fly	22
111	14&U 200 Free Relay (SH)	112	23	100 Breast	24
113	15&O 200 Free Relay (SH)	114	111	14&U 200 Free Relay (FH)	112
	1500 Free (SH)	18	113	15&O 200 Free Relay (FH)	114
			115	OPEN 800 Free Relay (FH)	
DAY 4 – SUNDAY, MARCH 10, 2019					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
25	200 IM	26	25	200 IM	26
27	200 Back	28	27	200 Back	28
29	400 Free	30	29	400 Free	30
117	14&U 400 Medley Relay (SH)	118	117	14&U 400 Medley Relay (FH)	118
119	15&O 400 Medley Relay (SH)	120	119	15&O 400 Medley Relay (FH)	120

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: 13&U, 14, 15, 16&O

SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age

Live Streaming Services provided by [Rec Tec TV](#)



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FACILITY POLICY



Markham Pan Am Pool Competition Policies

1. **Food Policy:**
No FOOD will be allowed on the pool deck. This will be strictly enforced by the pool staff. Water is allowed on deck, there are two fill stations and fountains on the pool deck.
2. **Entrance Policy:**
Swimmers must enter through the change rooms only. Volunteers, Coaches and Officials will be permitted to access the deck via the deck entrance adjacent to the Lifeguard Office. All Officials and Volunteers are to be wearing identification to allow access to the pool deck. Accreditation for event participants is encouraged.
3. **Onsite Parking :**
Parking is limited. Extra parking space will be available at Unionville GO Station.
4. **Viewing Balcony:**
Only swimmers, coaches, officials/ volunteers are allowed on the pool deck. All spectators must watch from the pool viewing balcony.
5. **Cell Phone Usage:**
Cell phone usage is not permitted on the pool deck. We kindly ask all calls to be taken in the hallway.
6. **Shoes in Facility:**
All swimmers, coaches and volunteers/officials are to wear footwear when in the hallways. We ask all coaches, volunteers/officials and swimmers to wear indoor/deck shoes when in pool area.
7. **Vents on Pool Deck:**
All vents are to be free from obstruction. Pool staff will remove any obstructions to an alternate location on the bleachers.
8. **Athletes & Coaches on the Deck :**
Athletes and Coaches on the pool deck must remain behind the blue line of the pool deck during the competition. This space is reserved for officials and lifeguards during the event.
9. Concession vendor is available at the Lobby.
10. Bleachers are not available on deck.



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