



## 2012 Short Course Junior Provincial Championships

**Date:** Thursday, March 1 – Sunday, March 4

**Location:** Nepean Sportsplex, 1701 Woodroffe Ave

### Event Schedule

#### Women 13, 14, 15-17 and Men 14, 15, 16-17 and PARA

Day 1: Thurs. Mar 1 <u>Prelims</u> Warm up: 7:25-8:55am Start: 9:00am <u>Finals</u> Warm up: 5:00-5:55pm Start 6:00pm	Day 2: Fri. Mar 2 <u>Prelims</u> Warm up: 7:25-8:55am Start: 9:00am <u>Finals</u> Warm up: 5:00-5:55pm Start 6:00pm	Day 3: Sat. Mar 3 <u>Prelims</u> Warm up: 7:25-8:55am Start: 9:00am <u>Finals</u> Warm up: 5:00-5:55pm Start 6:00pm	Day 4: Sun. Mar 4 <u>Prelims</u> Warm up: 7:25-8:55am Start: 9:00am <u>Finals</u> Warm up: 5:00-5:55pm Start 6:00pm
W (13-17) 100 Back M (14-17) 50 Free W (13-17) 200 Breast M (14-17) 400 IM W (13-17) 100 Fly M (14-17) 200 Free W (13-17) 1500 Free M/W 4x50 MR	Para M/F 100 Back M (14-17) 100 Back Para M/F 50 Free W (13-17) 50 Free Para M/F 50 Breast M (14-17) 200 Breast W (13-17) 400 IM Para M/F 100 Fly M (14-17) 100 Fly Para M/F 200 Free W (13-17) 200 Free M (14-17) 1500 Free W/M 4x50 FR	Para F 50 Fly W (13-17) 200 Fly Para M 100 Free M (14-17) 100 Free Para F 100 Breast W (13-17) 100 Breast Para M 150/200 IM M (14-17) 200 IM Para F 50 Back W (13-17) 200 Back Para M 400 Free M (14-17) 400 Free W (13-17) 800 Free M/W 4x100 MR	Para M 50 Fly M (14-17) 200 Fly Para F 100 Free W (13-17) 100 Free Para M 100 Breast M (14-17) 100 Breast Para F 150/200 IM W (13-17) 200 IM Para M 50 Back M (14-17) 200 Back Para F 400 Free W (13-17) 400 Free M (14-17) 800 Free W/M 4x100 FR

For the preliminary warm-up, teams will be divided into two 45minute warm-up blocks – 7:25-8:10 and 8:10-8:55am. Meet management will post the preliminary warm-up team allocation within 48 hours of the entry deadline.

#### Girls 10 & Under, 11, 12 and Boys 11 & Under, 12, 13

Day 1: Thurs. Mar 1 Warm up: 1:00-1:55pm Start: 2:00pm	Day 2: Fri. Mar 2 Warm up: 1:00-1:55pm Start: 2:00pm	Day 3: Sat. Mar 3 Warm up: 1:00-1:55pm Start: 2:00pm	Day 4: Sun. Mar 4 Warm up: 1:00-1:55pm Start: 2:00pm
G/B 100 Back G 10&U, B 11&U 50 Breast G 11,12, B 12,13 200 Breast G/B 100 Fly G 11-12, B 12-13 800 Free G/B 4x50 MR	G/B 50 Free G 10&U, B 11&U 100 IM G 11, 12, B 12, 13 400 IM G 10&U, B 11&U 50 Back G/B 200 Free G/B 4x50 FR	G 10&U, B 11&U 50 Fly G 11, 12, B 12, 13 200 Fly G/B 100 Free G/B 200 IM G/B 4x100 MR	G/B 200 Back G/B 100 Breast G/B 400 Free G/B 4x100 FR

**Scratch Deadline: 12:00noon Friday, February 17**