

Frequently Asked Questions: Swim Meets, Time Standards, Championship Meets & what it all means!

***Note:** All information contained in this document is accurate as of November 8, 2018. Time standards and meet criteria often change from year to year. Therefore, always consider the meet package as the most up-to-date & accurate information available!

If information differs between this document and the meet package, the meet package is always right!

Remember: The best resource for you and your swimmer is your swimmer's coach! The Coach is your "Go To" person to ask all questions related to the information below throughout your swimmers' career.

Please don't hesitate to contact the Coach!

FAQ List:

1. How is my swimmer's "age" determined for each meet?
2. When does my swimmer progress from swimming 25m to 50m, and then 100m events? 200m or 400m?
3. Where can I find my swimmer's Personal Best times ("PB")?
4. What is a "Time Standard"?
5. Are Central Region Time Standards different than other Regions?
6. What Time Standard does my swimmer need to attend Regionals?
7. At the Central Region Championship meet, does my swimmer only compete in the races for which they have qualified?
8. What Time Standard is needed to qualify to attend Festivals?
9. There are so many different Time Standards on the Swim Ontario website... which link do I use?
10. If my child obtained a Time Standard in the 2017-18 season which meets his/her 2018-19 Time Standard requirement, does it count?
11. Does a relay split time count as an official time?
12. What is Long Course (LC)? What is Short Course (SC)?
13. How do you convert a short course time to a long course time?
14. If my child swims a long course event and does not make a FEST C time but it converts to a short course FEST C time, is my swimmer eligible to attend Regionals?
15. What is the difference between the Swim Canada and Swim Ontario Standards?

FAQ Answers:

1. How is my swimmer's "age" determined for each meet?

- A swimmer's age for a meet is the age they are on the FIRST day of the meet. For a multi-day competition, it remains the age they are on the first scheduled day of the meet for all subsequent days (even if they don't compete on day 1).

2. When does my swimmer progress from swimming 25m to 50m, and then 100m events? 200m or 400m?

- Typically, swimmers compete in 25m events when they first start to swim. They graduate to 50m events when they can complete the longer distance without sacrificing technical ability. The same principle applies when graduating to 100m events and longer.
- Coaches generally want the swimmers to be able to achieve 1:45 or less in the 100m event before attempting 200m. Likewise, we like to see a swimmer achieve 3:00 or less in the 200m before attempting the 400m.
- When in doubt, ask the expert... your swimmer's coach! 😊 The coach will be able to advise when your swimmer is ready to attempt longer events. Every athlete is unique. Although many swimmers perform various distances in practice, we want to see them mature and ready to RACE the distance, not simply finish the event.

3. Where can I find my swimmer's Personal Best times ("PB")?

Two options are available:

- All swimmers' results can be found on the SNC website (www.swimming.ca) by using the [Search for an Athlete](#) function. Enter your swimmer's name and their full official swimming history will appear.
- Download the "On Deck" app which connects with our MMST website, and you'll have your swimmer's PBs at your fingertips!

4. What is a "Time Standard"?

- In Novice, swimmers may attend 1-day Novice competitions. When they move into Junior Development, they will start to attend "Invitational" swim meets that may last from 1 to 4 days. The next level is the "Championship" meets. Swimmers must achieve established Time Standards to qualify to participate in Championship meets. A time requirement (minimum speed) is referred to as a Time Standard. Time Standards are usually published in the meet package.

- 5. Swim Ontario is divided into 6 Regions. MMST is in the Central Region (GTA). Each Region hosts a Regional Championship (“Regionals”) meet in February (short course) & June (long course). To attend the Central Region Championship meet, swimmers must achieve a Central Region Time Standard.**

Are Central Region Time Standards different than other Regions?

- Yes! Each region determines the Time Standards that best suit their swimming community. In many cases, they are established based on the expected number of swimmers that will qualify and fit comfortably at a championship meet. Some regions are smaller in population than others, so the Time Standards attempt to drive the ideal number of meet entries and swimmer per meet.
- Central Region uses the Swim Ontario “C” Time Standards for their Championship meets. Swim Ontario has established Provincial & Festival Time Standards for the entire province. Provincial “B” or Festival “B” times are 5% slower than the Provincial/Festival Standard. “C” times are 10% slower, etc.

- 6. What Time Standard does my swimmer need to attend Regionals?**

- 13 & under swimmers need to achieve a Swim Ontario Festival “C” time.
- 14 & over swimmers must achieve the Ontario Swimming Championships “C” time.

- 7. At the Central Region Championship meet, does my swimmer only compete in the races for which they have qualified?**

- Yes. Swimmers are eligible to compete in each event for which they have qualified. Some championship meets allow “Bonus Swims”. Meet packages will indicate when this is allowed. At these meets, once the swimmer has achieved at least one qualifying time, they may opt to race in additional events (the meet package will detail the maximum number of “Bonus” events permitted).

- 8. What Time Standard is needed to qualify to attend Festivals?**

- The Festivals Time Standards are determined annually. Similarly, Ontario Youth/ Junior Provincials and the Ontario Swimming Championships (“Provincials”) each have a specific set of Time Standards.

- 9. There are so many different Time Standards on the Swim Ontario website... which link do I use?**

- In the Search field, enter “Time Standards”, then select “Time Standards” from the list, and click “All Swim Ontario Championship Standards”. The link directly to the Swim Ontario Time Standard webpage can be found on the MMST website under “Resources”
- 13 & under: Times needed to attend Festivals are labelled FEST, and C Fest Times are qualifying Times for Regionals
- 14 & over: the OSC Times are required to attend Ontario Swimming Championships, OYJ Times are required to attend Ontario Youth/ Junior Championships, and the “C” time is the Regional Time Standard.

10. If my child obtained a Time Standard in the 2017-18 season which meets his/her 2018-19 Time Standard requirement, does it count?

- Generally, yes. Meet packages will indicate that times must have been achieved within a specific time frame. Usually all meets for the 2018-2019 season will indicate times must have been achieved since Sept 2017 to enter a meet requiring Time Standards.

11. Does a relay split time count as an official time?

- Each relay team's lead swimmer (i.e. the one who swims first) will earn an official time. All other swimmers' times are not official as they have the benefit of a relay takeover in place of a regular start. In theory, relay takeovers are faster than a regular start.

12. What is Long Course (LC)? What is Short Course (SC)?

- Short course refers to pools that are 25 meters long (i.e. the Milton Sports Centre and Leisure Centre!)
- Long course refers to pools that are 50 meters long (i.e. what the pool looks like when you watch the Olympics!)
- Generally, all meets from September- February are short course, and all meets March- August are long course. Novice meets are always short course.
- Short Course (SC) races & Long Course (LC) races are like apples and oranges. Your swimmer will likely have a different time in their 100 Backstroke SC compared to LC. That is expected!

13. How do you convert a short course time to a long course time?

- Generally, systems automatically add 2% to a short course time to convert a time to long course. This is an accurate conversion for some events and swimmers, and incredibly inaccurate for other events & swimmers!

14. If my child swims a long course event and does not make a FEST C time but it converts to a short course FEST C time, is my swimmer eligible to attend Regionals?

- Unfortunately, not. Swimmers must achieve the long course standard in a long course pool or the short course standard in a short course pool. Converted times are not official times.
- However, if your swimmer achieves the short course Regional Time Standard in the 100 Fly in a short course pool, he/she is considered qualified to compete in that event in the long course Regionals as well.

15. What is the difference between the Swim Canada and Swim Ontario Standards?

- Swim Canada Time Standards are National Standards, while Swim Ontario Time Standards are Provincial standards. Swim Canada includes the Canadian Junior Championships, Canadian Senior Championships and the highest level in Canadian swimming, Canadian Trials.

- All Swim Canada standards are in Long Course Meters ONLY

Conclusion:

It is important to remember that each child progresses at their own speed. Factors such as age at which they joined the sport, age of maturation, maturity etc. will all factor into your child's individual development. Each may or may not achieve the above Time Standards at the same age or at the same rate. Achieving a Time Standard at a certain age does not guarantee or predict an athlete's longevity or long-term success in this sport. We've experienced numerous swimmers who enjoy highly successful Varsity and National swimming careers despite never having attended Festivals, nor having qualified for Central Regions until late in their teens.

Always Remember: every swimmer is unique! Please talk to your swimmer's coach to discuss his or her path within MMST and in this wonderful life-long sport!