

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 1 Timed Finals (ALL ages) WARMUP starts 4:00pm

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	110 Mixed 10 & Under 400 Medley Relay	4	1	05:00 PM	_____
Finals	112 Mixed 11-12 400 Medley Relay	7	1	05:08 PM	_____
Finals	10 Mixed 800 Freestyle	74	10	05:14 PM	_____
Finals	12 Mixed 1500 Freestyle	32	4	07:06 PM	_____
Finals	114 Mixed 13-14 400 Medley Relay	7	1	08:31 PM	_____
Finals	116 Mixed 15 & Over 400 Medley Relay	9	2	08:36 PM	_____
	Swimmers Counts for Warm-ups: 157	=====	=====		
	Entry / Heat Totals:	133	19		
	Finish Time			08:47 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	5	5		
CWAVE	Capital Wave Swim & Polo	4	10		
CPWD	Carleton Place Water Dragons	1	1		
CSL	Cornwall Sea Lions	5	5		
EBSC	Ernestown Barracuda Swim Club	2	2		
GSH	Goulbourn Sea Hawks	8	8		
GO	Greater Ottawa Kingfish	24	42		
NKB	Nepean Kanata Barracudas	33	25		
OYO	Ottawa Y Olympians	1	4		
PERTH	Perth Stingrays Aquatic Club	11	14		
PPSC	Petawawa Predators	1	1		
ROCS	Roc Swimming	16	15		
SWOTT	Swim Ottawa	22	25		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 2 Prelims (13&O) WARMUP starts 8:00am

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	20 Girls 13 & Over 200 Breaststroke	59	8	09:00 AM	_____
Prelims	21 Boys 13 & Over 200 Breaststroke	56	7	09:29 AM	_____
Prelims	22 Girls 13 & Over 50 Freestyle	92	12	09:52 AM	_____
Prelims	23 Boys 13 & Over 50 Freestyle	87	11	10:03 AM	_____
Prelims	24 Girls 13 & Over 100 Backstroke	72	9	10:12 AM	_____
Prelims	25 Boys 13 & Over 100 Backstroke	32	4	10:29 AM	_____
Prelims	26 Girls 13 & Over 200 IM	72	9	10:37 AM	_____
Prelims	27 Boys 13 & Over 200 IM	52	7	11:05 AM	_____
Prelims	28 Girls 13 & Over 50 Butterfly	53	7	11:26 AM	_____
Prelims	29 Boys 13 & Over 50 Butterfly	58	8	11:33 AM	_____
Finals-S	120 Girls 13-14 400 Freestyle Relay	5	1	11:40 AM	_____
Finals-S	121 Boys 13-14 400 Freestyle Relay	0	0	11:45 AM	_____
Finals-S	122 Girls 15 & Over 400 Freestyle Relay	5	1	11:45 AM	_____
Finals-S	123 Boys 15 & Over 400 Freestyle Relay	3	1	11:51 AM	_____
	Swimmers Counts for Warm-ups: 355	=====	=====		
	Entry / Heat Totals:	646	85		
	Finish Time			11:55 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	45	22		
CWAVE	Capital Wave Swim & Polo	16	10		
CPWD	Carleton Place Water Dragons	12	6		
CSL	Cornwall Sea Lions	10	5		
EBSC	Ernestown Barracuda Swim Club	29	17		
GSH	Goulbourn Sea Hawks	42	23		
GO	Greater Ottawa Kingfish	133	66		
KBM	Kingston Blue Marlins	22	12		
NKB	Nepean Kanata Barracudas	150	81		
ORCA	Orca Hawkesbury	4	2		
OYO	Ottawa Y Olympians	22	12		
PERTH	Perth Stingrays Aquatic Club	35	19		
PPSC	Petawawa Predators	7	4		
ROCS	Roc Swimming	54	28		
SWOTT	Swim Ottawa	86	44		
UCRO	Upper Canada Swim Club	10	5		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 3 Timed Finals (12&U) WARMUP starts 1:00pm

Day of Meet: 2 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	30 Girls 12 & Under 200 Breaststroke	52	7	01:45 PM	_____
Finals	31 Boys 12 & Under 200 Breaststroke	31	4	02:15 PM	_____
Finals	32 Girls 12 & Under 50 Freestyle	65	9	02:32 PM	_____
Finals	33 Boys 12 & Under 50 Freestyle	48	6	02:41 PM	_____
Finals	34 Girls 12 & Under 100 Backstroke	50	7	02:47 PM	_____
Finals	35 Boys 12 & Under 100 Backstroke	45	6	03:02 PM	_____
Finals	36 Girls 12 & Under 200 IM	43	6	03:16 PM	_____
Finals	37 Boys 12 & Under 200 IM	27	4	03:39 PM	_____
Finals	38 Girls 12 & Under 50 Butterfly	27	4	03:54 PM	_____
Finals	39 Boys 12 & Under 50 Butterfly	20	3	03:59 PM	_____
Finals	130 Girls 10 & Under 400 Freestyle Relay	2	1	04:03 PM	_____
Finals	131 Boys 10 & Under 400 Freestyle Relay	3	1	04:09 PM	_____
Finals	132 Girls 11-12 400 Freestyle Relay	13	2	04:15 PM	_____
Finals	133 Boys 11-12 400 Freestyle Relay	8	1	04:27 PM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	434	61		
	Finish Time			04:34 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ABSC	Arnprior Bluefish Swim Club	8	4		
BBST	Belleville Beast Swim Team	19	9		
CWAVE	Capital Wave Swim & Polo	19	9		
CPWD	Carleton Place Water Dragons	6	3		
CSL	Cornwall Sea Lions	14	7		
EBSC	Ernestown Barracuda Swim Club	11	5		
GSH	Goulbourn Sea Hawks	38	18		
GO	Greater Ottawa Kingfish	52	24		
KBM	Kingston Blue Marlins	25	14		
NKB	Nepean Kanata Barracudas	124	60		
ORCA	Orca Hawkesbury	4	2		
OYO	Ottawa Y Olympians	3	2		
PERTH	Perth Stingrays Aquatic Club	15	7		
PPSC	Petawawa Predators	15	7		
ROCS	Roc Swimming	33	15		
SWOTT	Swim Ottawa	38	18		
UCRO	Upper Canada Swim Club	10	5		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 4 Finals (13&O) WARMUP starts 5:00pm

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	20 Girls 13 & Over 200 Breaststroke	32	4 u	06:00 PM	_____
Finals	21 Boys 13 & Over 200 Breaststroke	32	4 u	06:16 PM	_____
Finals	22 Girls 13 & Over 50 Freestyle	32	4 u	06:31 PM	_____
Finals	23 Boys 13 & Over 50 Freestyle	32	4 u	06:37 PM	_____
Finals	24 Girls 13 & Over 100 Backstroke	32	4 u	06:43 PM	_____
Finals	25 Boys 13 & Over 100 Backstroke	32	4 u	06:53 PM	_____
Finals	26 Girls 13 & Over 200 IM	24	3 u	07:02 PM	_____
Finals	27 Boys 13 & Over 200 IM	32	4 u	07:13 PM	_____
Finals	28 Girls 13 & Over 50 Butterfly	32	4 u	07:27 PM	_____
Finals	29 Boys 13 & Over 50 Butterfly	32	4 u	07:33 PM	_____
Finals-1	120 Girls 13-14 400 Freestyle Relay	8	1	07:39 PM	_____
Finals-1	121 Boys 13-14 400 Freestyle Relay	7	1	07:44 PM	_____
Finals-1	122 Girls 15 & Over 400 Freestyle Relay	8	1	07:50 PM	_____
Finals-1	123 Boys 15 & Over 400 Freestyle Relay	8	1	07:55 PM	_____
	Swimmers Counts for Warm-ups: 230	=====	=====		
	Entry / Heat Totals:	343	43		
	Finish Time			08:00 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	4	16		
EBSC	Ernestown Barracuda Swim Club	2	8		
GSH	Goulbourn Sea Hawks	3	12		
GO	Greater Ottawa Kingfish	8	32		
NKB	Nepean Kanata Barracudas	8	32		
OYO	Ottawa Y Olympians	2	8		
PERTH	Perth Stingrays Aquatic Club	4	16		
ROCS	Roc Swimming	5	20		
SWOTT	Swim Ottawa	8	24		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 5 Prelims (13&O) WARMUP starts 8:00am

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	50 Girls 13 & Over 400 Freestyle	55	7	09:00 AM	_____
Prelims	51 Boys 13 & Over 400 Freestyle	44	6	09:40 AM	_____
Prelims	52 Girls 13 & Over 50 Backstroke	62	8	10:14 AM	_____
Prelims	53 Boys 13 & Over 50 Backstroke	44	6	10:23 AM	_____
Prelims	54 Girls 13 & Over 100 Breaststroke	72	9	10:30 AM	_____
Prelims	55 Boys 13 & Over 100 Breaststroke	59	8	10:47 AM	_____
Prelims	56 Girls 13 & Over 200 Butterfly	29	4	11:01 AM	_____
Prelims	57 Boys 13 & Over 200 Butterfly	20	3	11:15 AM	_____
Prelims	58 Girls 13 & Over 100 Freestyle	117	15	11:25 AM	_____
Prelims	59 Boys 13 & Over 100 Freestyle	101	13	11:48 AM	_____
Finals-S	150 Girls 13-14 400 Medley Relay	4	1	12:06 PM	_____
Finals-S	151 Boys 13-14 400 Medley Relay	0	0	12:12 PM	_____
Finals-S	152 Girls 15 & Over 400 Medley Relay	5	1	12:12 PM	_____
Finals-S	153 Boys 15 & Over 400 Medley Relay	3	1	12:18 PM	_____
	Swimmers Counts for Warm-ups: 356	=====	=====		
	Entry / Heat Totals:	615	82		
	Finish Time			12:23 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	48	23		
CWAVE	Capital Wave Swim & Polo	13	8		
CPWD	Carleton Place Water Dragons	10	6		
CSL	Cornwall Sea Lions	7	4		
EBSC	Ernestown Barracuda Swim Club	33	17		
GSH	Goulbourn Sea Hawks	43	23		
GO	Greater Ottawa Kingfish	124	69		
KBM	Kingston Blue Marlins	24	13		
NKB	Nepean Kanata Barracudas	137	81		
ORCA	Orca Hawkesbury	4	2		
OYO	Ottawa Y Olympians	21	11		
PERTH	Perth Stingrays Aquatic Club	32	19		
PPSC	Petawawa Predators	6	4		
ROCS	Roc Swimming	56	28		
SWOTT	Swim Ottawa	81	45		
UCRO	Upper Canada Swim Club	7	5		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 6 Timed Finals (12&U) WARMUP starts 1:00pm

Day of Meet: 3 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	60 Girls 12 & Under 400 Freestyle	35	5	01:45 PM	_____
Finals	61 Boys 12 & Under 400 Freestyle	18	3	02:20 PM	_____
Finals	62 Girls 12 & Under 50 Backstroke	60	8	02:41 PM	_____
Finals	63 Boys 12 & Under 50 Backstroke	49	7	02:52 PM	_____
Finals	64 Girls 12 & Under 100 Breaststroke	62	8	03:02 PM	_____
Finals	65 Boys 12 & Under 100 Breaststroke	37	5	03:19 PM	_____
Finals	66 Girls 12 & Under 200 Butterfly	4	1	03:30 PM	_____
Finals	67 Boys 12 & Under 200 Butterfly	4	1	03:34 PM	_____
Finals	68 Girls 12 & Under 100 Freestyle	79	10	03:38 PM	_____
Finals	69 Boys 12 & Under 100 Freestyle	62	8	03:55 PM	_____
Finals	160 Girls 10 & Under 400 Medley Relay	2	1	04:10 PM	_____
Finals	161 Boys 10 & Under 400 Medley Relay	3	1	04:18 PM	_____
Finals	162 Girls 11-12 400 Medley Relay	12	2	04:25 PM	_____
Finals	163 Boys 11-12 400 Medley Relay	6	1	04:39 PM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	433	61		
	Finish Time			04:46 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ABSC	Arnprior Bluefish Swim Club	8	4		
BBST	Belleville Beast Swim Team	19	9		
CWAVE	Capital Wave Swim & Polo	19	9		
CPWD	Carleton Place Water Dragons	4	3		
CSL	Cornwall Sea Lions	14	7		
EBSC	Ernestown Barracuda Swim Club	10	5		
GSH	Goulbourn Sea Hawks	38	18		
GO	Greater Ottawa Kingfish	52	24		
KBM	Kingston Blue Marlins	28	15		
NKB	Nepean Kanata Barracudas	125	60		
ORCA	Orca Hawkesbury	4	2		
OYO	Ottawa Y Olympians	4	2		
PERTH	Perth Stingrays Aquatic Club	15	7		
PPSC	Petawawa Predators	15	7		
ROCS	Roc Swimming	32	15		
SWOTT	Swim Ottawa	36	17		
UCRO	Upper Canada Swim Club	10	5		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 7 Finals (13&O) WARMUP starts 5:00pm

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	50 Girls 13 & Over 400 Freestyle	32	4 u	06:00 PM	_____
Finals	51 Boys 13 & Over 400 Freestyle	32	4 u	06:24 PM	_____
Finals	52 Girls 13 & Over 50 Backstroke	32	4 u	06:47 PM	_____
Finals	53 Boys 13 & Over 50 Backstroke	32	4 u	06:54 PM	_____
Finals	54 Girls 13 & Over 100 Breaststroke	32	4 u	07:01 PM	_____
Finals	55 Boys 13 & Over 100 Breaststroke	32	4 u	07:11 PM	_____
Finals	56 Girls 13 & Over 200 Butterfly	24	3 u	07:20 PM	_____
Finals	57 Boys 13 & Over 200 Butterfly	16	2 u	07:31 PM	_____
Finals	58 Girls 13 & Over 100 Freestyle	32	4 u	07:38 PM	_____
Finals	59 Boys 13 & Over 100 Freestyle	32	4 u	07:46 PM	_____
Finals-1	150 Girls 13-14 400 Medley Relay	8	1	07:54 PM	_____
Finals-1	151 Boys 13-14 400 Medley Relay	8	1	08:00 PM	_____
Finals-1	152 Girls 15 & Over 400 Medley Relay	8	1	08:06 PM	_____
Finals-1	153 Boys 15 & Over 400 Medley Relay	7	1	08:12 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	327	41		
	Finish Time			08:18 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	4	16		
EBSC	Ernestown Barracuda Swim Club	2	8		
GSH	Goulbourn Sea Hawks	3	12		
GO	Greater Ottawa Kingfish	8	32		
KBM	Kingston Blue Marlins	1	4		
NKB	Nepean Kanata Barracudas	8	32		
OYO	Ottawa Y Olympians	1	4		
PERTH	Perth Stingrays Aquatic Club	4	16		
ROCS	Roc Swimming	5	20		
SWOTT	Swim Ottawa	7	20		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 8 Prelims (13&O) WARMUP starts 8:00am

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	80 Girls 13 & Over 100 Butterfly	59	8	09:00 AM	_____
Prelims	81 Boys 13 & Over 100 Butterfly	58	8	09:13 AM	_____
Prelims	82 Girls 13 & Over 50 Breaststroke	48	6	09:25 AM	_____
Prelims	83 Boys 13 & Over 50 Breaststroke	46	6	09:32 AM	_____
Prelims	84 Girls 13 & Over 200 Freestyle	84	11	09:37 AM	_____
Prelims	85 Boys 13 & Over 200 Freestyle	68	9	10:10 AM	_____
Prelims	86 Girls 13 & Over 200 Backstroke	63	8	10:34 AM	_____
Prelims	87 Boys 13 & Over 200 Backstroke	44	6	11:01 AM	_____
Prelims	88 Girls 13 & Over 400 IM	38	5	11:21 AM	_____
Prelims	89 Boys 13 & Over 400 IM	23	3	11:53 AM	_____
Finals-S	180 Mixed 13-14 400 Freestyle Relay	3	1	12:12 PM	_____
Finals-S	182 Mixed 15 & Over 400 Freestyle Relay	6	1	12:17 PM	_____
	Swimmers Counts for Warm-ups: 332	=====	=====		
	Entry / Heat Totals:	540	72		
	Finish Time			12:22 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	36	19		
CWAVE	Capital Wave Swim & Polo	4	6		
CPWD	Carleton Place Water Dragons	11	6		
CSL	Cornwall Sea Lions	6	5		
EBSC	Ernestown Barracuda Swim Club	24	13		
GSH	Goulbourn Sea Hawks	38	24		
GO	Greater Ottawa Kingfish	117	66		
KBM	Kingston Blue Marlins	17	11		
NKB	Nepean Kanata Barracudas	137	80		
ORCA	Orca Hawkesbury	3	2		
OYO	Ottawa Y Olympians	11	8		
PERTH	Perth Stingrays Aquatic Club	32	19		
PPSC	Petawawa Predators	4	3		
ROCS	Roc Swimming	45	24		
SWOTT	Swim Ottawa	66	42		
UCRO	Upper Canada Swim Club	5	4		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 9 Timed Finals (12&U) WARMUP starts 1:00pm

Day of Meet: 4 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	90 Girls 12 & Under 100 Butterfly	24	4	01:45 PM	_____
Finals	91 Boys 12 & Under 100 Butterfly	16	3	01:54 PM	_____
Finals	92 Girls 12 & Under 50 Breaststroke	76	10	02:01 PM	_____
Finals	93 Boys 12 & Under 50 Breaststroke	50	7	02:13 PM	_____
Finals	94 Girls 12 & Under 200 Freestyle	68	9	02:22 PM	_____
Finals	95 Boys 12 & Under 200 Freestyle	45	6	02:54 PM	_____
Finals	96 Girls 12 & Under 200 Backstroke	51	7	03:16 PM	_____
Finals	97 Boys 12 & Under 200 Backstroke	40	5	03:44 PM	_____
Finals	98 Girls 12 & Under 400 IM	15	3	04:05 PM	_____
Finals	99 Boys 12 & Under 400 IM	4	1	04:27 PM	_____
Finals	190 Mixed 10 & Under 400 Freestyle Relay	6	1	04:34 PM	_____
Finals	192 Mixed 11-12 400 Freestyle Relay	11	2	04:40 PM	_____
	Swimmers Counts for Warm-ups: 202	=====	=====		
	Entry / Heat Totals:	406	58		
	Finish Time			04:52 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ABSC	Arnprior Bluefish Swim Club	3	2		
BBST	Belleville Beast Swim Team	16	8		
CWAVE	Capital Wave Swim & Polo	15	9		
CPWD	Carleton Place Water Dragons	3	2		
CSL	Cornwall Sea Lions	11	7		
EBSC	Ernestown Barracuda Swim Club	10	5		
GSH	Goulbourn Sea Hawks	39	18		
GO	Greater Ottawa Kingfish	51	24		
KBM	Kingston Blue Marlins	23	12		
NKB	Nepean Kanata Barracudas	124	60		
ORCA	Orca Hawkesbury	2	1		
OYO	Ottawa Y Olympians	3	2		
PERTH	Perth Stingrays Aquatic Club	15	7		
PPSC	Petawawa Predators	12	7		
ROCS	Roc Swimming	31	15		
SWOTT	Swim Ottawa	38	18		
UCRO	Upper Canada Swim Club	10	5		

2026 Eastern Region LC Championships - 2026-05-28 to 2026-05-31**Session Report**

Session: 10 Finals (13&O) WARMUP starts 5:00pm

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	180 Mixed 13-14 400 Freestyle Relay	8	1	06:00 PM	_____
Finals-1	182 Mixed 15 & Over 400 Freestyle Relay	8	1	06:06 PM	_____
Finals	80 Girls 13 & Over 100 Butterfly	32	4 u	06:11 PM	_____
Finals	81 Boys 13 & Over 100 Butterfly	32	4 u	06:20 PM	_____
Finals	82 Girls 13 & Over 50 Breaststroke	32	4 u	06:28 PM	_____
Finals	83 Boys 13 & Over 50 Breaststroke	32	4 u	06:34 PM	_____
Finals	84 Girls 13 & Over 200 Freestyle	32	4 u	06:41 PM	_____
Finals	85 Boys 13 & Over 200 Freestyle	32	4 u	06:54 PM	_____
Finals	86 Girls 13 & Over 200 Backstroke	32	4 u	07:06 PM	_____
Finals	87 Boys 13 & Over 200 Backstroke	32	4 u	07:22 PM	_____
Finals	88 Girls 13 & Over 400 IM	16	2 u	07:36 PM	_____
Finals	89 Boys 13 & Over 400 IM	16	2 u	07:50 PM	_____
	Swimmers Counts for Warm-ups: 206	=====	=====		
	Entry / Heat Totals:	304	38		
	Finish Time			08:02 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BBST	Belleville Beast Swim Team	2	8		
CWAVE	Capital Wave Swim & Polo	1	4		
EBSC	Ernestown Barracuda Swim Club	2	0		
GO	Greater Ottawa Kingfish	4	16		
KBM	Kingston Blue Marlins	2	8		
NKB	Nepean Kanata Barracudas	4	16		
OYO	Ottawa Y Olympians	1	4		
PERTH	Perth Stingrays Aquatic Club	3	12		
ROCS	Roc Swimming	2	8		
SWOTT	Swim Ottawa	4	8		