



NYAC CUP

Host team/Location/ Format:

- Host Team: North York Aquatic Club
- Location: Toronto Pan Am Centre – 875 Morningside Ave., Toronto ON M1C 0C7
 - Google Maps Link: <https://maps.app.goo.gl/JPW9aV68WxDdeL827>

Date:

- November 8th -10th

Cost:

- Individual Events \$15/ Long Distance Events \$20
- Swimmer Fee \$8

Meet scratch form:

- Link: <https://forms.office.com/r/z9qKvy9ELi>
- Deadline: October 20th, 2024

Meet schedule:

| Session # | Date | Warm-up period | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|-----------|------------|----------------|------------------|---------------------------|--------------------------|
| 1 (13&O) | Fri 8 Nov | 7:00-7:55 am | 8:00 am | 12:00 pm | Prelims |
| 2 (12&U) | Fri 8 Nov | 12:00-12:55 pm | 1:00 pm | 4:30 pm | Time Final |
| 3 (13&O) | Fri 8 Nov | 4:30-5:25 pm | 5:30 pm | 8:00 pm | Finals |
| 4 (13&O) | Sat 9 Nov | 7:00-7:55 am | 8:00 am | 12:00 pm | Prelims |
| 5 (12&U) | Sat 9 Nov | 12:00-12:55 pm | 1:00 pm | 4:30 pm | Time Final |
| 6 (13&O) | Sat 9 Nov | 4:30-5:25 pm | 5:30 pm | 8:00 pm | Finals |
| 7 (13&O) | Sun 10 Nov | 7:00-7:55 am | 8:00 am | 12:00 pm | Prelims |
| 8 (12&U) | Sun 10 Nov | 12:00-12:55 pm | 1:00 pm | 4:30 pm | Time Final |
| 9 (13&O) | Sun 10 Nov | 4:30-5:25 pm | 5:30 pm | 8:00 pm | Finals |





| Session 1 - 13 & Over Prelims | | Friday 8 Nov 2024 |
|-------------------------------|---------------------|-------------------|
| Warm-up: 7:00 AM | | Start: 8:30 AM |
| Women | Event | Men |
| 1 | 100 Free | 2 |
| 3 | 200 Breast | 4 |
| 5 | 50 Fly | 6 |
| 7 | 200 Back | 8 |
| 9 | 50 Breast | 10 |
| 11 | 400 IM (Time Final) | 12 |

| Session 2 – 12 & Under | | Friday 8 Nov 2024 |
|------------------------|---------------------|-------------------|
| Warm-up: 12:00 PM | | Start: 1:00 PM |
| Women | Event | Men |
| 13 | 200 Breast (11-12) | 14 |
| 15 | 50 Fly (10&U) | 16 |
| 17 | 50 Fly (11-12) | 18 |
| 19 | 200 Back (10&U) | 20 |
| 21 | 200 Back (11-12) | 22 |
| 23 | 50 Breast (10&U) | 24 |
| 25 | 50 Breast (11-12) | 26 |
| 27 | 100 Free (10&U) | 28 |
| 29 | 100 Free (11-12) | 30 |
| 31 | 100 IM (10 & U) | 32 |
| 33 | 400 IM (11-12 only) | 34 |

| Session 3 - 13 & Over Finals | | Friday 8 Nov 2024 |
|--|------------|-------------------|
| Warm-up: 4:30 PM | | Start: 5:30 PM |
| Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline) | | |
| Women | Event | Men |
| 1 | 100 Free | 2 |
| 3 | 200 Breast | 4 |
| 5 | 50 Fly | 6 |
| 7 | 200 Back | 8 |
| 9 | 50 Breast | 10 |





| Session 4 - 13 & Over Prelims | | Saturday 9 Nov 2024 |
|--|---------------------------|----------------------------|
| Warm-up: 7:00 AM | | Start: 8:00 AM |
| Women | Event | Men |
| 35 | 200 Fly | 36 |
| 37 | 50 Free | 38 |
| 39 | 100 Back | 40 |
| 41 | 200 IM | 42 |
| 43 | 400 Free (TF – ALL HEATS) | 44 |

| Session 5 – 12 & Under | | Saturday 9 Nov 2024 |
|-----------------------------------|----------------------|----------------------------|
| Warm-up: 12:00 PM | | Start - 1:00 PM |
| Women | Event | Men |
| 45 | 200 Fly (11-12 only) | 46 |
| 47 | 50 Free (10&U) | 48 |
| 49 | 50 Free (11-12) | 50 |
| 51 | 100 Back (10&U) | 52 |
| 53 | 100 Back (11-12) | 54 |
| 55 | 200 IM (10&U) | 56 |
| 57 | 200 IM (11-12) | 58 |
| 59 | 400 Free (10&U) | 60 |
| 61 | 400 Free (11-12) | 62 |

| Session 6 - 13 & Over Finals | | Saturday 9 Nov 2024 |
|--|----------|----------------------------|
| Warm-up: 4:30 PM | | Start - 5:30 PM |
| Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline) | | |
| Women | Event | Men |
| 35 | 200 Fly | 36 |
| 37 | 50 Free | 38 |
| 39 | 100 Back | 40 |
| 41 | 200 IM | 42 |





| Session 7 - 13 & Over Prelims | | Sunday 10 Nov 2024 |
|-------------------------------|-------------------|--------------------|
| Warm-up: 7:00 AM | | Start - 8:00 AM |
| Women | Event | Men |
| 63 | 200 Free | 64 |
| 65 | 100 Breast | 66 |
| 67 | 50 Back | 68 |
| 69 | 100 Fly | 70 |
| 71 | 800 Free (TF) ** | 72 |
| 73 | 1500 Free (TF) ** | 74 |

** POSITIVE CHECK-IN REQUIRED (before session starts)

| Session 8 – 12 & Under | | Sunday 10 Nov 2024 |
|------------------------|------------------------|--------------------|
| Warm-up: 12:00 PM | | Start - 1:00 PM |
| Women | Event | Men |
| 75 | 200 Free (11-12) | 76 |
| 77 | 200 Free (10&U) | 78 |
| 79 | 100 Breast (11-12) | 80 |
| 81 | 100 Breast (10&U) | 82 |
| 83 | 50 Back (11-12) | 84 |
| 85 | 50 Back (10&U) | 86 |
| 87 | 100 Fly (11-12) | 88 |
| 89 | 100 Fly (10&U) | 90 |
| 91 | 800 Free ** (TF 11-12) | 92 |

** POSITIVE CHECK-IN REQUIRED (before session starts)

| Session 9 - 13 & Over Finals | | Sunday 10 Nov 2024 |
|--|------------|--------------------|
| Warm-up: 4:30 PM | | Start - 5:30 PM |
| Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline) | | |
| Women | Event | Men |
| 63 | 200 Free | 64 |
| 65 | 100 Breast | 66 |
| 67 | 50 Back | 68 |
| 69 | 100 Fly | 70 |



Parking Information:



TPASC Daily Parking Rates (for NORTH or EAST LOT)

- Monday – Sunday 0-2 hours complimentary (no charge)
- Over and above the first 2 hours:
 - Monday – Friday 12:00 am – 4:00 pm - \$9.50
 - Monday – Friday 4:00 pm – 12:00 am - \$6:05
 - Weekends Sat 12:00 am – Mon 12:00 am (All day) - \$6:05
- *Daily parking rates do not include in-and-out privileges* (all rates include HST)

UTSC Lots Daily Parking Rates

Details - <https://www.utsc.utoronto.ca/parking/dailyvisitor-parking-rates>

Parking Lot G – Payment at exit gates by credit card, debit and tap. Payment at paystation (located outside the Instructional Centre, North entrance doors, 1095 Military Trail) by credit card, debit, tap or cash/coin.

NO COMPLIMENTARY 2 HOURS

- Friday Midnight – 4:00 pm \$13.30
- Friday 4:00 pm – 12:00 am (valid to Sun midnight) \$6.65 (valid to Sunday 11:59 pm)
- Saturday/Sunday Anytime \$6.65
- *Daily parking rates do not include in-and-out privileges* (all rates include HST)

