

## Elaine Thompson Memorial meet

January 19-21, 2024

**Hosted by:** Orillia Channel Cats Swim Club

**Location:** Orillia Recreation Centre

255 West St South, Orillia ON

**Who:** Sr Novice, Sr Novice, Bronze, Silver

### **SCHEDULE OF SESSIONS**

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Jan 19, 2024	4:00 PM – 4:50 PM	5:00 PM	8:30 PM	13 & O Timed Finals & Prelims
2	Jan 20, 2024	7:00 AM – 7:50 AM	8:00 AM	12:00 PM	13 & O Prelims & Timed Finals
3	Jan 20, 2024	12:30 PM – 1:20 PM	1:30 PM	5:00 PM	12 & U Timed Finals
4	Jan 20, 2024	6:00 PM – 6:45 PM	6:55 PM	9:00 PM	13 & O Finals
5	Jan 21, 2024	7:00 AM – 7:50 AM	8:00 AM	12:00 PM	13 & O Timed Finals
6	Jan 21, 2024	12:30 PM – 1:20 PM	1:30 PM	5:00 PM	12 & U Timed Finals

**Meet Rules:** Prelims and finals for 13 and over; timed finals for 12 and under. All Channel Cats must have CATS equipment (caps, shirts, towels). **Parents must stay off the pool deck, being an official is a great way to watch the meet.** Please ensure you arrive on time for warm ups, Meet Management needs scratches 15 minutes into the designated warm up times. **Bring lots of Team Spirit!!!!**

**Entry Fees:** \$120.00

**Deadline:** **Thursday Dec 21, 2023**

**Swimmers will be entered in a max of 7 events and *potentially* a relay. All swimmers are required to stay and cheer on deck until all of the CATS have finished racing. Please plan accordingly.**

If you are available to officiate, please sign up by clicking here: [Signup Genius](#).

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**Please return this to the Cats Office mailslot at the end of the Aquatic Hall at the Rec Centre by Thursday Dec 21.** Late notices will not guarantee participation in this meet. Please respect the deadline.

Yes, \_\_\_\_\_ will attend The Elaine Thompson Memorial Meet.

I would like to apply \$\_\_\_\_\_ from my family account towards the entry fees. I have

enclosed a cheque/cash/ettransfer (circle one) for \$\_\_\_\_\_ to cover the remaining amount owing.

**\*if paying by ettransfer please include E Thompson Meet in the message.** Please make cheque payable to: Orillia Channel Cats

Order of Events

Session 1 11 & O Timed Finals & Prelims Friday, January 19, 2024 Warm-up: 4:00 PM -- Start: 5:00 PM * denotes mixed gender and mixed age group events.		
Women		Men
1	400m IM (13 & O)*	2
3	50m Free (13 & 14)	4
5	50m Free (15 & O)	6
7	800m Free (Open Mixed)*	7
8	1500m Free (Open Mixed)*	8
Session 2 13 & O Prelims & Timed Finals Saturday, January 20, 2024 Warm-up: 7:00 AM -- Start: 8:00 AM * denotes timed final		
Women		Men
9	100m Fly (13 & 14)	10
11	100m Fly (15 & O)	12
13	200m Back (13 & 14)	14



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15	200m Back (15 & O)	16
17	100m Breast (13 & 14)	18
19	100m Breast (15&O)	20
21	200m Free (13 & 14)	22
23	200m Free (15 & O)	24
25	50m Back (13 & 14)	26
27	50m Back (15 & O)	28
29	200m IM (13 & 14)	30
31	200m IM (15 & O)	32
33	200m Free Relay (13 & O)*	34

Session 3 12 & U Timed Finals Saturday, January 20, 2024 Warm-up: 12:30PM -- Start: 1:30 PM		
Women		Men

Paragraph           Styles           Session 3 12 & U Timed Finals Saturday, January 20, 2024 Warm-up: 12:30PM -- Start: 1:30 PM		
Women		Men
35	100m Fly (12 & U)	36
37	200m Back (12 & U)	38
39	100m Breast (10 & U)	40
41	100m Breast (11&12)	42
43	200m Free (10 & U)	44
45	200m Free (11 & 12)	46
47	50m Back (10 & U)	48
49	50m Back (11 & 12)	50
51	100m IM (10 & U)	52
53	400m IM (12 & U)	54
55	50m Free (10 & U)	56
57	50m Free (11 & 12)	58
59	200m Free Relay (12 & U)	60

## 13 and over Finals:

Paragraph           Styles           13 & U Finals Saturday, January 20, 2024 Warm-up: 6:00 PM -- Start: 6:55 PM		
Women		Men
3	50m Free (13 & 14)	4
5	50m Free (15 & O)	6
9	100m Fly (13 & 14)	10
11	100m Fly (15 & O)	12
13	200m Back (13 & 14)	14
15	200m Back (15 & O)	16
17	100m Breast (13 & 14)	18
19	100m Breast (15&O)	20
21	200m Free (13 & 14)	22
23	200m Free (15 & O)	24
25	50m Back (13 & 14)	26
27	50m Back (15 & O)	28
29	200m IM (13 & 14)	30
31	200m IM (15 & O)	32
33	200m Free Relay (13 & O)	34

Paragraph	ix	Styles
Session 5 13 & O Timed Finals Sunday, January 21, 2024 Warm-up: 7:00 AM -- Start: 8:00AM		
Women		Men
61	200m Breast (13 & 14)	62
63	200m Breast (15 & O)	64
65	50m Fly (13 & 14)	66
67	50m Fly (15 & O)	68

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69	100m Free (13 & 14)	70
71	100m Free (15 & O)	72
73	200m Fly (13 & O)	74
75	50m Breast (13 & 14)	76



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69	100m Free (13 & 14)	70
71	100m Free (15 & O)	72
73	200m Fly (13 & O)	74
75	50m Breast (13 & 14)	76
77	50m Breast (15 & O)	78
79	100m Back (13 & 14)	80
81	100m Back (15 & O)	82
83	400m Free (13 & O)	84
85	200m Medley Relay (13 & O)	86

Session 6 12&U Timed Finals Sunday, January 21, 2024 Warm-up: 12:30 PM -- Start: 1:30 PM
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Paragraph	ix	Styles
12&U Timed Finals Sunday, January 21, 2024 Warm-up: 12:30 PM -- Start: 1:30 PM		
Women		Men
87	400m Free (12 & U)	88
89	100m Back (10&U)	90
91	100m Back (11 & 12)	92
93	50m Breast (10 & U)	94
95	50m Breast (11 & 12)	96
97	200m Fly (12 & U)	98
99	100m Free (10 & U)	100
101	100m Free (11 & 12)	102
103	200m Breast (12 & U)	104
105	50m Fly (10 & U)	106
107	50m Fly (11 & 12)	108
109	200m IM (10 & U)	110
111	200 IM (11 & 12)	112
113	200m Medley Relay (12 & U)	114