

Guelph Out of The Gate Long Course Meet
January 13, 2024

Hosted by: Guelph Marlin Aquatic Club

Location: Victor Davis Memorial Pool
Victoria Rd Recreation Centre, Guelph, Ontario

Who: Bronze, Silver and Gold swimmers.
*Event order is included on the last page

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	Sat Jan 13	12:45-1:25pm	1:30pm	3:15pm	Heats/Finals
2	Sat Jan 13	3:15-3:55pm	4:00pm	6:00pm	Finals

Cost: \$115.00 3 events max per session (there are 2 sessions for all swimmers) one 200 meter event allowed per swimmer per session. *there is an A final for 50 free from the first session for the top 6 13/14 and 15 & over swimmers (male/female)

All swimmers are to wear CATS clothing and club caps. Absolutely no food allowed on deck. Swimmers will be scratched from first event if more than 15 minutes late for warm ups.

Note: Officials are always needed,
If you are interested in officiating at the meet, please fill out the google form:
<https://forms.gle/ULzPjq2JNwWXvxCS6>

Due Date: Dec 4th

Please return this to the Cats office door mailslot at the end of the Aquatic Hall by **Dec 4th**. Please respect the deadline.

Yes, _____ will attend the Guelph Out of the Gate LC 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.

*ettransfer send to channelcatstreasurer@gmail.com *If paying by ettransfer include swimmer's name and name of the meet in the message. (Guelph Out of the Gate + name of swimmer)

Cheque payable to Orillia Channel Cats

SCHEDULE OF EVENTS

Session # 1

Event 1 and 2: 13 and over prelims for 50 free only

Event 3 and 4: 12 and under 50 free timed finals

Events 5 – 16 are all ages and timed finals.

Maximum 3 events of which only one may be a 200 distance

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	50 Free	Girls	7	100 Back	Girls	13	50 Breast	Girls
2	50 Free	Boys	8	100 Back	Boys	14	50 Breast	Boys
3	50 Free	Girls	9	200 IM	Girls	15	200 Free	Girls
4	50 Free	Boys	10	200 IM	Boys	16	200 Free	Boys
5	200 Breast	Girls	11	100 Fly	Girls			
6	200 Breast	Boys	12	100 Fly	Boys			

Session # 2

All ages, timed finals. From session 1, event 1 50 free - A finals for 13-14 and 15 and over

Maximum 3 events of which only one may be a 200 distance

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	50 Free Finals	Girls	21	100 Breast	Girls	27	200 Back	Girls
2	50 Free Finals	Boys	22	100 Breast	Boys	28	200 Back	Boys
17	50 Back	Girls	23	100 Free	Girls			
18	50 Back	Boys	24	100 Free	Boys			
19	200 Fly	Girls	25	50 Fly	Girls			
20	200 Fly	Boys	26	50 Fly	Boys			