

# HAC SPRING FLING LONG COURSE INVITATIONAL

May 11-12, 2024

**Hosted by:** Hamilton Aquatic Club

**LOCATION:** McMaster University, Ivor Wynne Centre

1280 Main Street West

Hamilton, Ontario, L8M 1E2

**Warm ups:**

1	13 & over	May 11, 2024	8:30 – 9:25 am	9:30 am	1:30 pm	Time Final
2	12 & under	May 11, 2024	2:00 – 2:55 pm	3:00 pm	7:00 pm	Time Final
3	13 & over	May 12, 2024	8:30 – 9:25 am	9:30 am	1:30 pm	Time Final
4	12 & under	May 12, 2024	2:00 – 2:55 pm	3:00 pm	7:00 pm	Time Final

**Meet Rules:** All Channel Cats **must** wear CATS clothing and caps. Do not be late for warm up, you will be scratched from your first event. **Bring Team Spirit, water and light snacks for energy!!**

**Entry fees:** 140.00 (includes 5.00 per swimmer surcharge) 7 events \*4 max per session

1 day fee: 90.00 (includes 5.00 per swimmer surcharge) 4 events max

**Due:** April 24, 2024

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Please return this to the Cats Office mailslot at the end of the Aquatic Hall at the Rec Centre by Wednesday April 24. Late notices will not guarantee participation in this meet. Please respect the deadline.

Yes, \_\_\_\_\_ will attend Hamilton Spring Fling LC Meet.

I would like to apply \$ \_\_\_\_\_ from my family account towards the entry fees. I have enclosed a cheque/cash/etransfer for \$ \_\_\_\_\_ to cover the remaining amount owing.

\*if paying by etransfer please include **Hamilton Spring Fling** in the message and your swimmers name.

Please make cheque payable to: Orillia Channel Cats

Event order on next page

**SCHEDULE OF EVENTS:**

Session 1 Saturday, May 11, 2024 Warm-up: 8:30 AM -- Start: 9:30 AM		
Event #	Age Group and Event	Gender
101	13 and over 100 Free	Mixed
102	13 and over 200 Back	Mixed
103	13 and over 200 Fly	Mixed
104	13 and over 400 Free	Mixed
105	13 and over 100 Breast	Mixed
106	13 and over 200 IM	Mixed
107	13 and over 50 Back	Mixed
108	13 and over 50 Breast	Mixed
Session 2 Saturday, May 11, 2024 Warm-up: 2:00 PM -- Start: 3:00 PM		
Event #	Age Group and Event	Gender
201	12 and under 100 Free	Mixed
202	12 and under 200 Back	Mixed
203	12 and under 200 Fly	Mixed
204	12 and under 400 Free	Mixed
205	12 and under 100 Breast	Mixed
206	12 and under 200 IM	Mixed
207	12 and under 50 Back	Mixed
208	12 and under 50 Breast	Mixed



## HAC Spring Fling

Session 3 Sunday, May 12, 2024 Warm-up: 8:30 AM -- Start: 9:30 AM		
Event #	Age Group and Event	Gender
301	13 and over 200 Breast	Mixed
302	13 and over 400 IM	Mixed
303	13 and over 100 Back	Mixed
304	13 and over 200 Free	Mixed
305	13 and over 100 Fly	Mixed
306	13 and over 50 Free	Mixed
307	13 and over 50 Fly	Mixed
Session 4 Sunday, May 12, 2024 Warm-up: 2:00 PM -- Start: 3:00 PM		
Event #	Age Group and Event	Gender
401	12 and under 200 Breast	Mixed
402	12 and under 400 IM	Mixed
403	12 and under 100 Back	Mixed
404	12 and under 200 Free	Mixed
405	12 and under 100 Fly	Mixed
406	12 and under 50 Free	Mixed
407	12 and under 50 Fly	Mixed