

HURONIA REGION
LONG COURSE CHAMPIONSHIPS

May 31-June 2

Hosted by: Huronia Region

Location: Brock University

Eleanor Misener Aquatic Centre (1812 Sir Isaac Brock Way, St Catharines, ON L2S 3A1)

Meet Times:

Fri am 13 & over 7:00 - 7:55 AM warm up, start 8:00 AM finish 12:15 PM Prelim

Fri pm 12 and under 12:30 - 1:25 PM warm up, start 1:30 PM finish 4:15 PM Time Finals

Fri pm 13 and over finals 5:00 - 5:55 PM warm up, start 6:00 PM finish 7:45 PM Finals

Sat am 13 & over 7:00- 7:55 AM warm up, start 8:00 AM finish 11:45 AM Prelim

Sat pm 12 and under 12:00 - 12:55 PM warm up, start 1:30 PM finish 4:15 PM Time Finals

Sat pm 13 and over finals 4:45 - 5:25 PM warm up, start 5:30 PM finish 7:15 PM Finals

Sun am 13 & over and 12 and under combined 7:00- 7:55 AM warm up, start 9:00 AM finish 12:00 PM Time Finals

Meet Rules: All swimmers are to wear CATS shirts, caps, and racing suits. Bring lots of team spirit! We want to be the loudest team there. Send water and small snacks with your swimmers to have with them during the meet. **We would appreciate if swimmers can stay and support their teammates until all CATS are finished racing. Please make necessary arrangements so your swimmers can support one another. Swimmers are reminded to keep cell phones in their bags unless using for music.**

Age groups: Individual events - 10&U, 11, 12, 13, 14, 15&O (19&O - Exhibition swimmers only).
Relay events - 12&U, 13&O

Entry Fees: \$120.00 per swimmer, swimmers can enter 8 events max

Entry Deadline: Monday May 6th

Officials: If you are available to officiate, copy and paste this link in your browser:

<https://www.signupgenius.com/go/409044BAEAC2BA5F85-46653537-2024#/>

Please return this to the Cats Office mailslot at the end of the Aquatic Hall at the Rec Centre by Monday May 6. Late notices will not guarantee participation in this meet. Please respect the deadline.

Yes, _____ will attend Huronia LC Regional Championships.

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 Huronia LC Regionals in the message and your swimmers name.**

Please make cheque payable to: Orillia Channel Cats

Event order on next pages

Friday am 13 & over

13 & over 200 m FREE

13&O 100 m BREAST

13&O 100 m BACK

13&O 1500 m FREE*(slowest heats)

13&O 50 m FREE

13&O 200 m FLY

Friday afternoon 12 & under

12 & U 400 m FREE*

12&U 200 m BREAST*

12&U 100 m BACK*

12&U 50 m FLY*

11-12 200 m IM*

12&U 400 m (4x100 m) FREE Relay*

Friday pm 13 & over Finals

13yr 200 m Free A Final

14yr 200 m Free A Final

15yr 200 m Free A Final

16&O 200 m Free A&B Final

13yr 100 m Breast A Final

14yr 100 m Breast A Final

15yr 100 m Breast A Final

16&O 100 m Breast A&B Final

13yr 100 m Back A Final

14yr 100 m Back A Final

15yr 100 m Back A Final

16&O 100 m Back A&B Final

13yr & O 1500 m Free* (fastest heat) 8

13yr 50 m Free A Final

14yr 50 m Free A Final

15yr 50 m Free A Final

16&O 50 m Free A&B Final

13yr 200 m FLY A Final

14yr 200 m FLY A Final

15yr 200 m FLY A Final

16&O 200 m FLY A&B Final

Saturday am 13 & over

13 & O 400 m Free* (slowest heats)
13&O 100 m FLY
13&O 50 m BACK
13&O 50 m BREAST
13&O 100 m FREE
13&O 200 m BACK
13&O 200 m IM

Saturday afternoon 12 & under

12 & U 200 m BACK*
12&U 50 m BREAST*
12&U 50 m BACK*
12&U 200 m FLY*
12&U 100 m FREE*
12&U 400 m (4x100 m) Mixed FREE Relay*

Saturday pm 13 & over Finals

13yr & O 400 m FREE* (fastest heat)
13yr 100 m FLY A Final
14yr 100 m FLY A Final
15yr 100 m FLY A Final
16&O 100 m FLY A&B Final

13yr 50 m BACK A Final
14yr 50 m BACK A Final
15yr 50 m BACK A Final
16&O 50 m BACK A&B Final

13yr 50 m BREAST A Final
14yr 50 m BREAST A Final
15yr 50 m BREAST A Final
16&O 50 m BREAST A&B Final

13yr 100 m FREE A Final
14yr 100 m FREE A Final
15yr 100 m FREE A Final
16&O 100 m FREE A&B Final

13yr 200 m BACK A Final
14yr 200 m BACK A Final
15yr 200 m BACK A Final
16&O 200 m BACK A&B Final

13yr 200 m IM A Final
14yr 200 m IM A Final

15yr 200 m IM A Final
16&O 200 m IM A&B Final
13&O 400 m (4x100 m) Mixed FREE Relay

Sunday am ALL AGES

OPEN 400 m IM*
12&U 50 m FREE*
13&O 50 m FLY*
12&U 100 m BREAST*
13&O 200 m BREAST*
12&U 100 m FLY*
OPEN 800 m FREE*
OPEN 400 m (4x100 m) FREE Relay