2019 CWOSSA Swimming Championships

Wednesday February 20, 2018

Wilmot Recreation Centre, Baden ON

**Convenor:** Candy Adam, Huron Heights SS candy\_adam@wrdsb.ca

**Entries**: Regional meet databases and relay name changes are due to Heather Stone via email *by Wednesday, February 13th.* (heather.stone@rogers.com)

**Fees:** Entry fees are $10 per swimmer (not per event). Fees are due the day of the championship and can be paid by cash or cheque made payable to Huron Heights S.S.

**Forms:** The following forms can found under the Forms link on the Swimming page.

1. You must have all your athletes entered into the AELS OFSAA database. You must bring a signed printout of this form as your CWOSSA eligibility.

2. Declaration of Transfer Students Form (this form is only required if you have any transfer students)

**For Swimmers:** The concession stand (on the arena side) will be open the day of the event from 10-2. A limited supply of hoodies will also be available to purchase for $40.

**For Coaches:** Coffee, donuts and muffins will be available in the morning. Each school will also receive 3 copies of heat sheets. Scratches are due upon registration, no other changes will be allowed. Subs and drinks will be provided at lunch. Only water is allowed on deck. You are encouraged to bring your own reusable water bottle that can be filled at the water filling station. You may also want to bring a folding chair for the deck.

We will once again be holding 200m mixed free relays at the end of the meet. Registration for these relays will occur the day of the championship at registration. Teams must consist of 2 males and 2 females and be either Junior, Senior, or Open (swimmers can swim up, but not down). One relay per category per school can be entered. The relay will not be scored for points and no awards will be given. The relay does not count towards a swimmers total entries.

**Tentative Schedule:**

This schedule is subject to change upon receipt of all entries.

8am - Registration and scratches in the activities room will open

8:45am - Morning session warm ups begin

9:30am - Morning session begins (events #1 - 30, Para 50 free)

11:30am - Lunch break

12:15pm - Afternoon session warm ups begin

1:00pm - Afternoon session begins (Para 100 free, events #1 - 58, Para 50 back)

3:00pm - Meet is completed