

PROVINCIAL CHAMPIONSHIPS DAY 1, MAGIC BEGINS FRIDAY APRIL 17!
 OLYMPIC PARK POOL, ACCESS BY METRO (PIE-IX OR VIAU) OR CAR. UNDERGROUND PARKING AVAILABLE.
 NOTE SCHEDULE CHANGES THIS YEAR!

NAME	400 FR	100 BR	MIXED 4 X 50 FR RELAY	B R E A K - P A U S E	50 FLY	200 IM	

Notes: max 7 individual events per swimmer, AND AS MANY RELAYS AS POSSIBLE !! (Specify if you are NOT willing to do a stroke or the relay.) ONLY ONE OF 800 OR 1500m.
 FRIDAY WARM-up 14:00 - 15:00 meet starts 14:05. ENTRY DEADLINE: FRIDAY 27 MARCH.

PROVINCIAL CHAMPIONSHIPS DAY 3, SUNDAY APRIL 19!

OLYMPIC PARK POOL, ACCESS BY METRO (PIE-IX OR VIAU) OR CAR. UNDERGROUND PARKING AVAILABLE.

WE'LL CELEBRATE OUR SUCCESS WHEN WE'RE SWUM OUT - JOIN US, REC SWIMMERS WHO HELP US TRAIN, AND VOLUNTEERS WHO HELP US COMPETE!!

NAME	200 FLY	50 BK	100 FR	4 X 50 MIXED MED RELAY	P A U S E - 1 5 m i n - B R E A K	200 BK	100 FLY	800 FR	1500 FR	PARTY!	

Notes: max 7 individual events per swimmer, AND AS MANY RELAYS AS POSSIBLE !! (Specify if you are NOT willing to do a stroke or the relay.) ONLY ONE OF 800 OR 1500m.
 Warm up SUN 8:00 - 9:00 meet starts 9:05 A.M. ENTRY DEADLINE: FRIDAY 27 MARCH.