

2010 Nestlé Central Region Winter Team Championships

Date: February 13-14, 2010
Location: Etobicoke Olympium
590 Rathburn Road, Etobicoke



Scratch deadline: Sunday February 7, 2010

Please note NYAC will be Large Team swimming in the afternoon session

SATURDAY February 13

All age groups

Small Team

Warm-up: 8:00 am
Start: 9:00 am

Large Team

Warm-up: afternoon TBA
Start: TBA

100 Fly
50 Back
100 IM (11 & under)
50 Breast
100 Free
4x50 Medley Relay

SUNDAY February 14

All age groups

Small Team

Warm-up: 8:00 am
Start: 9:00 am

Large Team

Warm-up: afternoon TBA
Start: TBA

100 Back
50 Fly
200 IM (12 & over)
50 Free
100 Breast
4x50 Free Relay

*afternoon warm-up times will be approx 11:30am, exact times will be posted after all the entries are received February 5th

The age groups will be: 9 & under
 10 – 11
 12 – 13
 14 & over

Swimmers can swim a maximum of 3 individual swims per day plus relay.
A relay team may comprise both male and female swimmers.