



David Lawson Invitational

Host team/Location/ Format:

- Host Team: Oakville Aquatic Club
- Location: Iroquois Ridge Community Centre, 1051 Glenashton Drive, Oakville, ON, L6H 5M1
 - Google maps link:
<https://maps.app.goo.gl/kBMYx4HvnyvJVzGo6>
 - Date: November January 19-21
- Format:
 - Timed Finals
 - Eliminator
 - Top 8 qualifying times in the 200 IM for the following age categories will move on to the eliminator round: 12&U, 13&14, 15&O
 - A wheel will be spun to determine the first stroke that will be swum, and all 8 swimmers will swim 50m of this stroke
 - Before the second race, the wheel will be spun again to determine the stroke that will be swum and the fastest 6 swimmers will swim 50m of this stroke.





- Before the third race, the wheel will be spun again to determine the stroke that will be swum and the fastest 4 swimmers will swim 50m of this stroke.
- The remaining stroke will be swum (50m) in the 4th race by the 2 fastest swimmers from the 3rd race.
- Each stroke will only be swum once.
- The 12&U eliminator will be swum during the afternoon session on Sunday.

Cost:

- Swimmer Fee
 - \$15 for Individual events
 - \$20 for Relay events
 - * Relay fees will be divided in between all participants.
- Coaching Fee: TBD determined on expenses and amount of participants

Meet Scratch form Link: <https://forms.office.com/r/WfUXQSQ15N>





Meet schedule

| <u>Session #</u> | <u>Date</u> | <u>Warm-up period</u> | <u>Start of session</u> | <u>Approx. Finish of session</u> | <u>Time Final/Heats /Finals</u> |
|------------------|------------------|-----------------------|-------------------------|----------------------------------|---------------------------------|
| 1 | January 19, 2024 | 3:30pm-4:20pm | 4:30pm | 8:30pm | Time Finals |
| 2 | January 20, 2024 | 7:00am-7:50am | 8:00am | 11:30am | Prelims |
| 3 | January 20, 2024 | 11:45am-12:35pm | 12:45pm | 4:45pm | Time Finals |
| 4 | January 20, 2024 | 5:00pm-5:50pm | 6:00pm | 8:00pm | Finals |
| 5 | January 21, 2024 | 7:00am-7:50am | 8:00am | 11:30am | Prelims |
| 6 | January 21, 2024 | 11:45am-12:35pm | 12:45pm | 4:45pm | Time Finals |
| 7 | January 21, 2024 | 5:00pm-5:50pm | 6:00pm | 8:00pm | Finals |

| Session 1: Friday January 19th - Timed Finals | | | |
|---|-------|---------|------------|
| Warm-up: 3:30pm-4:20pm. Start: 4:30pm | | | |
| Girls Event | Event | | Boys Event |
| 1 | 11-12 | 400 IM | 2 |
| 3 | Open | 800 FR | 4 |
| 5 | Open | 1500 FR | 6 |





BROCK
Niagara Aquatics

| Session 3: Saturday Jan 20th - Timed Finals | | | |
|---|--------------|-----------------|------------|
| Warm-up: 11:45am-12:35pm Start: 12:45pm | | | |
| Girls Event | Event | | Boys Event |
| 21 | 12 and Under | 200 BR | 22 |
| 23 | 12 and Under | 100 FR | 24 |
| 25 | 12 and Under | 50 BK | 26 |
| 27 | 12 and Under | 200 IM | 28 |
| 29 | 12 and Under | 100 FLY | 30 |
| 31 | 12 and Under | 50 BR | 32 |
| 33 | 12 and Under | 400 FR | 34 |
| 35 | 12 and Under | 4 x 50 FR Relay | 36 |

| Session 6: Sunday Jan 21st - Timed Finals | | | |
|---|------------|---------------------|------------|
| Warm-up: 11:45am-12:35pm Start: 12:45pm | | | |
| Girls Event | Event | | Boys Event |
| 55 | 12 & Under | 200 BK | 56 |
| 57 | 12 & Under | 100 BR | 58 |
| 59 | 12 & Under | 200 FLY | 60 |
| 61 | 12 & Under | 200 FR | 62 |
| 63 | 12 & Under | 50 FLY | 64 |
| 65 | 12 & Under | 100 BK | 66 |
| 67 | 12 & Under | 50 FR | 68 |
| 69 | 12 & Under | 4 x 50 Medley Relay | 70 |
| 203 | 12 & Under | 200 IM Eliminator | 204 |

