



Nothers Fall Invitational

Host team/Location/ Format:

- Host Team: London Aquatic Club
- Location: Canada Games Aquatic Centre, 1045 Wonderland Road North, London, Ontario N6G 2Y9 (between Gainsborough and Lawson Road)
 - Google maps link:
<https://maps.app.goo.gl/5m4P7hqrTiXL5X5K6>

Date:

- November 24-26th

Cost:

- Swimmer Fee
 - \$15 for Individual events
 - \$18 for 800,1500
 - \$18 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/gB02irF5T7>

Meet schedule:

Session #	Date	Prelim/Finals	Warm Up	Start	Finish	Estimated Duration
1	Nov. 24	Timed Final	9:00 am	10:00 am	1:00 pm	3 hrs.
2	Nov. 24	Timed Final	9:00 am	10:00 am	1:00 pm	3 hrs.
3	Nov. 24	Timed Final	1:00 pm	1:45 pm	3:45 pm	2 hrs.
4	Nov. 24	Timed Final	1:00 pm	1:45 pm	3:45 pm	2 hrs.
5	Nov. 24	Timed Final	3:45 pm	4:30 pm	5:45 pm	1:15 hrs.
6	Nov. 24	Timed Final	3:45 pm	4:30 pm	5:45 pm	1:15 hrs.
7	Nov. 24	Timed Final	5:45 pm	6:30 pm	8:00 pm	1:30 hrs.
8	Nov. 24	Timed Final	5:45 pm	6:30 pm	8:00 pm	1:30 hrs.
9	Nov. 25	Preliminary	7:00 am	8:00 am	12:00 noon	4 hrs.
10	Nov. 25	Preliminary	7:00 am	8:00 am	12:00 noon	4 hrs.
11	Nov. 25	Timed Final	12:00 noon	1:00 pm	5:00 pm	4 hrs.
12	Nov. 25	Timed Final	12:00 noon	1:00 pm	5:00 pm	4 hrs.
13	Nov. 25	Final	5:00 pm	6:00 pm	8:00 pm	2 hrs.
14	Nov. 26	Preliminary	7:00 am	8:00 am	12:00 noon	4 hrs.
15	Nov. 26	Preliminary	7:00 am	8:00 am	12:00 noon	4 hrs.
16	Nov. 26	Timed Final	12:00 noon	1:00 pm	5:00 pm	4 hrs.
17	Nov. 26	Timed Final	12:00 noon	1:00 pm	5:00 pm	4 hrs.
18	Nov. 26	Final	5:00 pm	6:00 pm	8:00 pm	2 hrs.





Session 1 & 2

Friday Morning, November 24, 2023

Timed Finals

Warm-up ⇒ 9:00 a.m. Start ⇒ 10:00 a.m. Finish ⇒ 1:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
1	1500 free	13 and over	Timed final	Mixed
2	800 free	13 and over	Timed final	Mixed

Session 3 & 4

Friday Afternoon, November 24, 2023

Timed Finals

Warm-up ⇒ 1:00 p.m. Start ⇒ 1:45 p.m. Finish ⇒ 3:45 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
3	800 free	12 and under	Timed final	Mixed
<u>Girls</u>				<u>Boys</u>
4	400 free	10 and under	Timed final	5

Session 5 & 6

Friday Afternoon, November 24, 2023

Timed Finals

Warm-up ⇒ 3:45 p.m. Start ⇒ 4:30 p.m. Finish ⇒ 5:45 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
6	50 fly	15 and over	Timed final	7
8	50 fly	13 - 14	Timed final	9
10	50 back	15 and over	Timed final	11
12	50 back	13 - 14	Timed final	13
14	50 breast	15 and over	Timed final	15
16	50 breast	13 - 14	Timed final	17
18	400 I.M.	15 and over	Timed final	19
20	400 I.M.	13 - 14	Timed final	21





Session 7 & 8

Friday Evening, November 24, 2023

Timed Finals

Warm-up ⇒ 5:45 p.m. Start ⇒ 6:30 p.m. Finish 8:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
22	50 fly	11 - 12	Timed final	23
24	50 fly	10 and under	Timed final	25
26	50 back	11 - 12	Timed final	27
28	50 back	10 and under	Timed final	29
30	50 breast	11 - 12	Timed final	31
32	50 breast	10 and under	Timed final	33
34	400 I.M.	11 - 12	Timed final	35

Session 9 & 10

Saturday Morning, November 25, 2023

Prelims/ Timed Finals

Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
200	4X50 Medley Relay	15 and over	Timed final	201
202	4X50 Medley Relay	13 - 14	Timed final	203
36	200 I.M.	15 and over	Prelim	37
38	200 I.M.	13 - 14	Prelim	39
40	50 free	15 and over	Prelim	41
42	50 free	13 - 14	Prelim	43
44	100 back	15 and over	Prelim	45
46	100 back	13 - 14	Prelim	47
48	200 breast	15 and over	Prelim	49
50	200 breast	13 - 14	Prelim	51
52	100 fly	15 and over	Prelim	53
54	100 fly	13 - 14	Prelim	55
56	200 free	15 and over	Prelim	57
58	200 free	13 - 14	Prelim	59





Session 11 & 12
Saturday Afternoon, November 25, 2023
Timed Finals

Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.

Session/ Gender	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
204	4X50 Medley Relay	11 -12	Timed final	205
206	4X50 Medley Relay	10 and under	Timed final	207
60	50 free	11 - 12	Timed final	61
62	50 free	10 and under	Timed final	63
64	200 breast	11 - 12	Timed final	65
66	200 breast	10 and under	Timed final	67
68	100 back	11 - 12	Timed final	69
70	100 back	10 and under	Timed final	71
72	100 fly	11 - 12	Timed final	73
74	100 fly	10 and under	Timed final	75
76	200 free	11 - 12	Timed final	77
78	200 free	10 and under	Timed final	79

Session 13
Saturday Evening, November 25, 2023
Finals

Warm up ⇒ 5:00 p.m. Start ⇒ 6:00 p.m. Finish ⇒ 8:00 p.m.

Session/ Gender	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
		Top 8 each age group		
36	200 I.M.	15; 16 and over	Final	37
38	200 I.M.	13; 14	Final	39
40	50 free	15; 16 and over	Final	41
42	50 free	13; 14	Final	43
44	100 back	15; 16 and over	Final	45
46	100 back	13; 14	Final	47
48	200 breast	15; 16 and over	Final	49
50	200 breast	13; 14	Final	51
52	100 fly	15; 16 and over	Final	53
54	100 fly	13; 14	Final	55
56	200 free	15; 16 and over	Final	57
58	200 free	13; 14	Final	59





Session 14 & 15

Sunday Morning, November 26, 2023

Prelims/ Timed Finals

Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
208	4X50 Free Relay	15 and over	Timed final	209
210	4X50 Free Relay	13 - 14	Timed final	211
80	100 free	15 and over	Prelim	81
82	100 free	13 - 14	Prelim	83
84	200 back	15 and over	Prelim	85
86	200 back	13 - 14	Prelim	87
88	200 fly	15 and over	Prelim	89
90	200 fly	13 - 14	Prelim	91
92	100 breast	15 and over	Prelim	93
94	100 breast	13 - 14	Prelim	95
96	400 free	15 and over	Timed final	97
98	400 free	13 - 14	Timed final	99

Session 16 & 17

Sunday Afternoon, November 26, 2023

Timed Finals

Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
212	4X50 Free Relay	11 - 12	Timed final	213
214	4X50 Free Relay	10 and under	Timed final	215
100	200 I.M.	11 - 12	Timed final	101
102	200 I.M.	10 and under	Timed final	103
104	100 free	11 - 12	Timed final	105
106	100 free	10 and under	Timed final	107
108	200 back	11 - 12	Timed final	109
110	200 back	10 and under	Timed final	111
112	100 breast	11 - 12	Timed final	113
114	100 breast	10 and under	Timed final	115
116	200 fly	11 - 12	Timed Final	117
118	400 free	11 - 12	Timed final	119





BROCK
Niagara Aquatics

Session 18

Sunday Evening, November 26, 2023

Finals

Warm up ⇒ 5:00 p.m. Start ⇒ 6:00 p.m. Finish ⇒ 8:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
		Top 8 each age group		
80	100 free	15; 16 and over	Final	81
82	100 free	13; 14	Final	83
84	200 back	15; 16 and over	Final	85
86	200 back	13; 14	Final	87
88	200 fly	15; 16 and over	Final	89
90	200 fly	13; 14	Final	91
92	100 breast	15; 16 and over	Final	93
94	100 breast	13; 14	Final	95

