

Comox Valley Aquatic Club
OCTOBER Mini-Meet
Saturday October 21st, 2023

Location : Comox Valley Aquatic Centre

Time: **Saturday October 21st**
Warmup: 9:15-9:35 AM
Racing: 9:45ish – approx. 12:00

Pool: 8 lane, 25 metre, with Colorado timing system. (depending on numbers, less than 8 lanes may be used for racing)

Contact: Tyler Lewall cvsharksheadcoach@gmail.com

There are no novice events being held, all swimmers will be expected to competent to swim all entered strokes and a 200 IM.

Entries: Email entries to cvsharksheadcoach@gmail.com by Wednesday October 18th
Swimmers can enter up to 4 events

Entry Fees: \$15.00 per swimmer.
Entry fees can be e-transferred to cvsharksbookkeeper@gmail.com. If necessary please make cheques payable to the **Comox Valley Aquatic Club**.

Event Order:

Event Number	Saturday PM
1	50 Free
2	25 Free
3	50 Breast
4	25 Breast
5	50 Back
6	25 Back
7	25 Fly
8	50 Kick
9	100 IM