

6th Annual Eastern Canadian Tri Camp & Competition
Atlantic-Ontario-Québec
May 21st, 2011

Location: Dalplex Pool, Dalhousie University, 6260 South Street, Halifax

Facility: 8 lane long course

Lane Assignments: Ontario - 2&5; Atlantic – 3&6; Quebec – 4&7
Lanes 1 & 8 will be open for warm up/down

Age: Year of Birth – January 1, 2011

Age categories:

Females	Males
4 Females: Born 1998	4 Males: Born 1997
4 Females: Born 1997	4 Males: Born 1996
4 Females: Born 1996	4 Males: Born 1995
4 Females: Born 1995	4 Males: Born 1994

Format:

- 2 entries per individual event
- Only 2 swimmers from each province may score
- Maximum of 6 individual events per swimmer
- Relays & 800/1500m Free- 1 entry per team in each of the following age groups:
Women's 1995-96 & 1997-98, Men's 1994-95 & 1996-97
- Individual scoring: 10-8-6-4-2-1
- Relays scoring: 20 – 16 – 12
- SNC Warm-Up Procedures will be in effect

Saturday May 21 st , 2011		
Session I- Warm Ups: 8:30 am Meet Start: 9:30am		
Women	Events	Men
1	4 x 100 Free Relay	2
3- 1998	400 IM	4- 1997
5- 1997	400 IM	6- 1996
7- 1996	400 IM	8- 1995
9- 1995	400 IM	10- 1994
11- 1998	50 Fly	12- 1997
13- 1997	100 Fly	14- 1996
15- 1996	100 Fly	16- 1995
17- 1995	100 Fly	18- 1994
19- 1998	200 Backstroke	20- 1997
21- 1997	200 Backstroke	22- 1996
23- 1996	200 Backstroke	24- 1995
25- 1995	200 Backstroke	26- 1994
27- 1998	50 Breaststroke	28- 1997
29- 1997	100 Breaststroke	30- 1996
31- 1996	100 Breaststroke	32- 1995
33- 1995	100 Breaststroke	34- 1994
35- 1998	400 Free	36- 1997
37- 1997	400 Free	38- 1996
39- 1996	400 Free	40- 1995
41- 1995	400 Free	42- 1994
43- 1997	50 Free	44- 1996
45- 1996	50 Free	46- 1995
47- 1995	50 Free	48- 1994
Session II- Warm Ups: 2:45 pm Meet Start: 3:30pm		
49	4 x 200 Free Relay	50
51- 1998	200 Breaststroke	52- 1997
53- 1997	200 Breaststroke	54- 1996
55- 1996	200 Breaststroke	56- 1995
57- 1995	200 Breaststroke	58- 1994
59- 1998	50 Back	60- 1997
61- 1997	100 Backstroke	62- 1996
63- 1996	100 Backstroke	64- 1995
65- 1995	100 Backstroke	66- 1994
67- 1998	200 Butterfly	68- 1997
69- 1997	200 Butterfly	70- 1996
71- 1996	200 Butterfly	72- 1995
73- 1995	200 Butterfly	74- 1994
75	800 W (1 heat)/ 1500 M (1 heat)	76
77- 1998	200m IM	78- 1997
79- 1997	200m IM	80- 1996
81- 1996	200m IM	82- 1995
83- 1995	200m IM	84- 1994
85- 1998	50m Free	86- 1997
87- 1997	100m Free	88- 1996
89- 1996	100m Free	90- 1995
91- 1995	100m Free	92- 1994
93	4 x 100 Medley Relay	94