



Canoe Kayak Ontario (CKO) Sprint's Winter Cup - Swim Meet Information & Registration Package

- Event: Ontario Winter Cup - Swim Meet
- Date: Sunday, December 22, 2019
- Venue: Toronto Pan Am Sports Centre (TPASC) - 875 Morningside Ave.
Toronto, ON M1C 0C7 www.tpasc.ca - Competition Pool
- Purpose: The competition objectives are to provide a competition opportunity that aligns with General Preparation phase training.
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Event Specifics

- The event is open to all club members, including current paddlers, parents, volunteers and alumni.
- The format will include 2019 U16, U18 and Open age categories. All events will be mixed gender. Events include 50m, 100m and 300m freestyle.
- A final schedule of events will be produced after receiving the entries. **Entry Deadline - Wednesday, December 18th, 2019.**

Registration Details

- Registrations are to be completed on the attached CKO Sprint Winter OCup Swim Meet entry form and emailed to Technical Director, Ryan Blair ryan@ckosprint.ca by Wednesday, December 18, 2019.
- All participants will receive a free entry.
- Each participant must complete an online waiver to compete in the event. Once completed, the waiver will cover participation in all 2019 CKO Sprint events (if you completed the waiver this past summer you don't need to do so again).
 - a. 18 years old & older participant waiver <https://forms.gle/4TLkLz54dRuspYvRA>
 - b. 17 years old & younger participant waiver <https://forms.gle/oEQre94fDnQKaQ7F6>



Event Specifics

Preliminary Schedule – Sunday, December 22nd – Competition Pool

Time	Event
9:00 am	Warm-up
9:30 am	50m Heats
10:00 am	100m Finals
10:45 am	300m Finals
11:30 am	50m Finals

Ontario Winter Cup Series Points & Awards

- Prizes will be awarded to the male & female winners in each category. Points will be awarded to the Top 8 male and female performances in each event (see table below). Ontario Winter Cup Series points will combine a club's total points from the three (3) Ontario Winter Cup events (Time Control, Swim Meet & Ski Loppet).

Position of Finish	Total Points
1st	16
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

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