

NCAA: Zone Qualifying Meet

In order to qualify for Zone all schools must now participate in an Association qualifying meet.

WHEN: **WEDNESDAY NOVEMBER 21st, 2018**

TIME: **8 am - 1 pm**

WHERE: **Brock University**

The Cost: Flat Fee of **\$7.00 per swimmer**
\$15 per team for Darryl to enter Grids

Entries: Darryl has been hired for the day
His fee is \$15 per team to do entry grid (just like Zone) will apply

What to bring: **3-5 volunteers** to time/help for the whole meet (not swimmers or coach)
3 stop watches

PAYMENT INFO: 1 cheque that covers the cost of both DARRYL (\$15/team)
and the \$7/swimmer
made payable to **Lakeshore Catholic High School**

If you have any questions, please let us know.....

Roz Aliberti and Mich Piazza
Lakeshore Catholic H.S.

EVENTS

JUNIOR	SENIOR	OPEN	PARA
		200 m individual medley	
200 m medley relay	200 m medley relay	200 m medley relay	
200 m freestyle	200 m freestyle	200 m freestyle	
100 m individual medley	100 m individual medley	100 m individual medley	
50 m freestyle	50 m freestyle	50 m freestyle	50 m freestyle
50 m butterfly	50 m butterfly	100 m butterfly	
100 m freestyle	100 m freestyle	100 m freestyle	100 m freestyle
50 m backstroke	50 m backstroke **		50 m backstroke
50 m breaststroke	50 m breaststroke **		
100 m backstroke	100 m backstroke	100 m backstroke	
100 m breaststroke	100 m breaststroke	100 m breaststroke	
200 m freestyle relay	200 m freestyle relay	200 m freestyle relay	

**These events are not qualifying events for OFSAA but provide inexperienced swimmers an opportunity to compete.