



55+ Swimming Invitational

Hosted by: The Family YMCA of Central East Ontario

Date: May 6 & 7, 2020

Location: Quinte West Branch

50 Monogram Place, Trenton Ontario

Time: Registration : Wed. May 6th – 12 -12:30pm

Swim Times: Wed. 1:00 – 4:00 pm

Thurs. 9:00 -12:00 pm

NO TOWELS WILL BE PROVIDED

Event Cost: Participants: \$95.00 Non-participant: \$35.00 (non-refundable)

(OSGA Fee included for Participants. If a current Member, you will be refunded)

(Includes Banquet and Entertainment Wednesday Night at the Ramada, Trenton, Thursday Lunch at the YMCA.)

“Under The Sea” Attire

Order a T-shirt: \$20.00 each

Accommodation: **The Ramada Trenton, 99 Glen Miller Rd. Trenton (613-394-4855)**

Flat Rate: \$ 98.00 +tax request OSGA Rate.

Rate available on the 5th & 7th. Book before April 1, 2020

Registration Deadline : April 1, 2020 (no extension)

Cheques payable to: YMCA of Central East Ontario

Send to: **Swim Invitational C/O YMCA of Central East Ontario –Belleville Branch**
433 Victoria Ave, Belleville Ontario K8N 2G1

(Must Include registration form and cheque)(Waiver forms will available on sign in)

For More Information contact Sandy Boyle at sandy.boyle@ceo.ymca.ca or call 613-962-9622.

Directions: Hwy 401 exit #526 to Glen Miller rd. Trenton/ turn south follow to Monogram place(Tim Hortons and Mcdonalds) turn left to YMCA.



55 + Swim Invitational
May 6 -7, 2020

Registration Deadline: April 1, 2020

Name : _____ District: _____

Address: _____ City: _____ Postal Code _____

Contact Info: Telephone _____ e-mail _____

Male _____ Female _____ Year of Birth _____ (Must be 55+ by December 2020)

Dietary Restrictions: _____

Check	Registration	Fee
	Participant + OSGA Fee	\$95.00
	Non-Participant	\$35.00

Registration includes Wed. Banquet and Thurs Lunch. OSGA Fee will be refunded if a current member

Maximum of Four Events

Individual Sprints: Distance 55+ 50m / 65+ 25 m / 75+ 25 m

Event 1: Front Crawl	Event 2: Back Crawl	Event 3: Breast Stroke	Event 4: Butterfly
55+ 65+ 75+	55+ 65+ 75+	55+ 65+ 75+	55+ 65+ 75+

Individual Medley (one length each of Butterfly, Backstroke, Breast stroke, Front Crawl)

Event 5	55+	65+	75+

Event 6	Predictors (must swim 2 different Lengths)

55+ 200m & 100m	65+ 100m & 50m	75+ 50m & 25m

Be prepared for **Team Relays** and **Crazy** activities throughout the event!

Order a T-shirt: unisex sizes Colour: White Cost: \$20.00 Total

Qty ___ S	Qty ___ M	Qty ___ L	Qty ___ XL	Qty ___ XXL	