

<b>DATE:</b>	09/27/2025	<b>REGION:</b>	Central
<b>CLUB:</b>	Lakeshore Swim Club		
<b>LOCATION / FACILITY:</b>	Etobicoke Olympium		
<b>PURPOSE:</b>	To introduce swimmers to meet protocol and obtain start of season times.		
<b>ACTIVITY LEADER:</b>	Liz Canrinus	<b>Email:</b>	admin@lakeshoreswimclub.com
<b>NUMBER OF OFFICIALS:</b>	40		
<b>PARTICIPANTS (swimmers, coaches, officials)</b>	All participants (swimmers, coaches, officials, etc) in attendance at this activity are fully registered and have executed the Acknowledgement & Assumption as part of their registration.		
<b>Starts will be conducted from</b>	<input checked="" type="checkbox"/> Starting Blocks	<input checked="" type="checkbox"/> Deck or bulkhead Level	
	<input checked="" type="checkbox"/> In-Water	In-Water Only	
<b>A fully registered coach will be present during this Activity. Backstroke flags will be in place.</b>			

15:30-16:00	<u>Warm-up period</u> <u>(if applicable)</u>	<u>Start of activity</u>	<u>Approximate Finish</u> <u>of activity</u>

**SCHEDULE OF EVENTS:**

50 Fly Mixed	
50 Back Mixed	
50 Breast Mixed	
50 Free Mixed	
200 Free Relay Mixed	

Swim times achieved at this activity are unofficial and cannot be used for entry into any future sanctioned events.