



# Cochrane Water Ninjas Lifesaving Club Dash to the New Year Invitational Competition 10 December 2022

**Location:** Spray Lakes Sawmills Family Sports Centre, 800 Griffin Road East, Cochrane AB

**Date:** 10 December 2022

**Entry Deadline:** 1 December 2022 @ 10pm

**Age:** 15 years and younger

**Entry Fee:** \$45.00 per athlete

## Schedule of Events:

0650	Changeroom opens for athletes to go in to pool deck
0700	Warm up starts
0745	Coaches Meeting
0800	Officials Meeting
0800	Warm up ends
0830	Events Start  50 Swim with fins 50 manikin carry 4x50 medley relay 50/100 Tow with fins 4x25 Manikin Carry Relay  Plan to be wrapped up by 1300



