



## 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:** OPEN

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

### Schedule of Events:

|      |  |
|------|--|
| 1315 | Warm up starts   |
| 1330 | Coaches Meeting  |
| 1340 | Officials Meeting  |
| 1400 | Warm up ends   |
| 1415 | Events Start<br><br>50 Manikin carry<br>4x25 Manikin Carry Relay<br>100 Tow with fins<br>4x50 Medley relay<br>100 Rescue Medley<br><br>Plan to be wrapped up by 1800 |



