



# OTTSC Splash 'n' Dash

**Location:** Bearbrook pool (2679 Innes Rd)

**When:** Saturday, August 12<sup>th</sup> 2017

**Time:** 6:00pm to 8:00pm

**Host Team:** Ottawa Swim Club

**Meet Managers:** Declan Tucker and Alex Perreault

## All you need to know:

- Bring proper swimming attire (Cap, Goggles, Swim suit, Towel, etc...)
- Hydration is the key to success, bring water!
- Up to 5 individual races + possible relays
- All events are marshalled by level of the swimmer
- Running dives (no starting blocks)
- BBQ after races are over
- Have FUN!!

## Event schedule:

25m Butterfly
25m Backstroke
25m Breaststroke
25m Freestyle
25m Individual Medley
4x50m Freestyle Relay
4x50m Medley Relay
25m Underwater/Kick (Senior group)