

# GO Kingfish

The following are updated Eastern Ontario Regional Championships updated warm up times:

Day	Session	Age Group	Type	Warm Up	Start
Friday	1	13 & over	Prelims	8:45 AM	9:45 AM
Friday	2	12 & under	Time finals	1:15 PM	2:00 PM
Friday	3	13 & over	Finals	5:30 PM	6:30 PM
Saturday	4	13 & over	Prelims	7:45 AM	8:45 AM
Saturday	5	12 & under	Time finals	1:15 PM	2:00 PM
Saturday	6	13 & over	Finals	5:30 PM	6:30 PM
Sunday	7	13 & over	Prelims	8:00 AM	9:00 AM
Sunday	8	12 & under	Time finals	1:15 PM	2:00 PM
Sunday	9	13 & over	Finals	5:30 PM	6:30 PM

Please contact your respective coach for any updates or questions.