



**Eastern Ontario Regional Championships:  
Updated Warm up and Start times**

**WARM UP TIMES:**

Session #		Age Group	Prelims/ Finals	Warm Up	Start
1	Friday, Feb. 2	13 & over	Prelims	8:15 a.m.	9:45 a.m.
2	Friday, Feb. 2	12 & under	Time Finals	1:00 p.m.	2:00 p.m.
3	Friday, Feb. 2	13 & over	Finals	5:45 p.m.	6:45 p.m.
4	Saturday, Feb 3	13 & over	Prelims	6:45 a.m.	8:15 a.m.
5	Saturday, Feb 3	12 & under	Time Finals	12:30 p.m.	1:30 p.m.
6	Saturday, Feb 3	13 & over	Finals	5:15 p.m.	6:15 p.m.
7	Sunday, Feb. 4	13 & over	Prelims	7:00 a.m.	8:30 a.m.
8	Sunday, Feb. 4	12 & under	Time Finals	12:30 p.m.	1:30 p.m.
9	Sunday, Feb. 4	13 & over	Finals	5:15 p.m.	6:15 p.m.

Please talk to your respective coach to see when they want you at the pool for warm ups