

News from District 10

Hastings/ Lennox& Addington/ Prince Edward/ Frontenac

District 10, in partnership with OSGA

Sponsored by YMCA (of Central East Ontario Quinte West Branch)

Invites you to the



Open to anyone with an current OSGA Membership 2017/18

Know a non-member who would like to participate?

Have them register with Local District for the 2018/19 year or

They can register at the event for an additional \$10.00 (OSGA provincial fee only)

Registration Deadline: February 15, 2018

Event Fee: Participant \$55.00 Non-participant \$45

(Includes Banquet at the Ramada Trenton)

Questions: Contact Carol Lovelady at c.lovelady@hotmail.com or 613-847-3744



55+ Swimming Invitational

Hosted by: District 10 – Hastings/Lennox & Addington/Prince Edward/Frontenac

Date: March 14 & 15, 2018

Location: YMCA of Central East Ontario
Quinte West Branch
50 Monogram Place, Trenton Ontario



Time: Registration: Wed. March 14th - 12.00 to 12.30pm

Swim Times: Wed: 1.00pm - 4.00pm

Thurs: 9.00am- 12.00pm

NO TOWELS WILL BE PROVIDED

Event Cost: Participant: \$55.00 / Non-participant \$45.00 (non- refundable)

(Includes Banquet and Entertainment Wednesday Night at the Ramada, Trenton) **Western Attire**

Order a T-shirt: \$20.00 each

Accommodation: The Ramada Trenton, 99 Glen Miller Rd, Trenton (613-394-4855)

Flat Rate : \$90.00 (2 people) extra \$7 each **Request OSGA Rate.**

Rate is also available on the 13th and 15th. **Book before Feb 15, 2018**

Registration Deadline: **February 15th, 2018** (no extension)

Cheques payable to: **OSGA District 10**

Send to: **OSGA District 10 c/o 31 Smith Cres. Belleville ON K8N 4K3**

(include registration form, and cheque) (Waiver Forms will be available on sign in)

For more information contact Carol Lovelady at c.lovelady@hotmail.com or call 613-847-3744

Directions: Hwy 401 exit #526 to Glen Millar Rd. Trenton/ turn south follow to Monogram Place

(Tim Hortons and McDonalds) turn left and follow to YMCA.

Ramada Trenton on Glen Miller Rd. Just south of Hwy 401



OSGA 55+ Swimming Invitational

March 14 – 15, 2018

Registration Deadline: February 15, 2018

Name: _____ District: _____ Membership # _____

Address: _____ City: _____ Postal Code _____

Contact info: telephone _____ e-mail _____

Male _____ Female _____ Year of Birth: _____ (Must be 55+ by December 2018)

Dietary Restrictions: _____

Check	Registration	Fee
	Participant	\$55.00
	Non-Participant	\$45.00
	OSGA membership	\$10.00

*Registration includes Banquet and Entertainment Wednesday night at the Ramada, Trenton

Mark Events To Participate In ----- Maximum of Four

Individual Sprints : distance 55+ 50m / 65+ 25m / 75+ 25m

EVENT 1 : Front Crawl	EVENT 2 : Back Stroke	EVENT 3 : Breast Stroke	EVENT 4 : Butterfly
55+ 65+ 75+	55+ 65+ 75+	55+ 65+ 75+	55+ 65+ 75+

Individual Medley (one length Butterfly, Back Crawl, Breast Stroke, Front Crawl, non-stop)

EVENT 5	55+		65+		75+	
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EVENT 6

Predictors (must swim 2 different lengths)

55+ 200m & 100m	65+ 100m & 50M	75+ 50m & 25m	
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BE PREPARED FOR TEAM RELAYS and CRAZY Activities throughout the event!

Order a T-Shirt: unisex sizes Colour: Orange Cost \$20.00@ Total

Qty ___ S	Qty ___ M	Qty ___ L	Qty ___ XL	Qty ___ XXL	Qty ___ XXXL	
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