



OSGA 55+ Swim Invitational Committee, in partnership with OSGA

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

Invites you to the



Open to anyone with a current OSGA Membership 2018/19

Know a non-member who would like to participate?

Pass the registration package on

Must be 55+ by December 2019

Registration Deadline: February 15, 2019

Event Fee: Participant \$75.00 (includes \$10.00 OSGA Fee) Non-participant \$50

(Includes : Wed. Banquet at the Ramada Trenton, Thurs. Lunch at the YMCA)

(OSGA Fee will be refunded to current members at registration)

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



55+ Swimming Invitational

Hosted by: Swim Invitational Committee

Date: March 13 & 14, 2019

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



Time: Registration: Wed. March 13th - 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: \$75.00 / Non-participant \$50.00 (non- refundable)

(OSGA Fee included for Participants. If a current member will be refunded at registration)

(Includes Banquet and Entertainment Wednesday Night at the Ramada, Trenton, Thursday Lunch at the YMCA) **Hawaiian Attire**

Order a T-shirt: \$20.00 each

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

Flat Rate: \$96.00 (2 people) extra \$7 each **Request OSGA Rate.**

Rate is also available on the 12th and 14th. **Book before Feb 15, 2019**

Registration Deadline: **February 15th, 2019** (no extension)

Cheques payable to: OSGA 55+ Swim Invitational

Send to: OSGA Swim 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 13 – 14, 2019

Registration Deadline: February 15, 2019

Name: _____ District: _____

Address: _____ City: _____ Postal Code _____

Contact info: telephone _____ e-mail _____

Male _____ Female _____ Year of Birth: _____ (Must be 55+ by December 2019)

Dietary Restrictions: _____

Check	Registration	Fee
	Participant + OSGA Fee	\$75.00
	Non-Participant	\$50.00

- Registration includes Wed. Banquet and Thurs. Lunch. OSGA Fee will be refunded if a current member

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+

EVENT 6 Predictors (must swim 2 different lengths)

55+ 200m & 100m	65+ 100m & 50M	75+ 50m & 25m

BE PREPARED FOR TEAM RELAYS and CRAZY Activities throughout the event!

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

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