



KSS Splash Back Time Trial

- Date September 25, 2009
- Pool The *Aquatics Centre* at the *Kenora Recreation & Wellness Centre*.
Main competition pool - 6 lanes x 25 meters.
Leisure pool with 2 x 20 yard x 4 ft deep. Play area, and Waterslide; Children's play pool;
Hot tub; Sauna. Male, Female and Family change rooms (bring your own lock).
- Seating Coaches and swimmers will be seated in the bleachers and chairs on the East side of the main competition pool.
Spectator seating will be located on the raised viewing area on the West side of the pool, and in the Cafe.
- Sessions Friday evening 4:00 – 6:30pm
- Competition The meet will be run following SNC and FINA rules.
This competition is closed to KSS Swimmers only; all swimmers must be registered with SNC and their Provincial Swimming Association.
- Meet Rules Competition will be in the following Age Groups: 8 & Under; 9 + 10; 11 + 12; 13 + 14; 15 & Over. .
- All events will be swum as Timed Finals, and will be Senior seeded
 - All events will be swum with girls and boys mixed / seeded together.

Entry Deadline Wednesday September 23, 2009

Events

Girls		Boys
1	50 Freestyle	2
3	50 Backstroke	4
5	50 Breaststroke	6
7	50 Butterfly	8

