



CANOE KAYAK  
**ONTARIO**  
SPRINT

## Canoe Kayak Ontario (CKO) Sprint's Ontario Cup - Swim Meet Information & Registration Package

Event: Ontario Cup - Swim Meet  
Date: Sunday, December 10, 2023  
Venue: [Toronto Pan Am Sports Centre \(TPASC\)](#), [Carleton Place Aquatic Centre](#)  
Purpose: The competition objectives are to provide a competition opportunity that aligns with General Preparation phase training.

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### Competition Specifics

The competition format will include 2023 U14, U16, U18, Open, Masters (25+), Para and Special Olympic events competing in 50m, 150m, and 300m freestyle. The event is open to all club members, including current paddlers, parents, volunteers, and alumni.

### Event Specifics

Event details, including the schedule of events and results can be found on the Ontario Cup - Swim Meet event page [here](#).

On-site event communication will be provided using the [CKO Sprint WhatsApp group](#).

### Preliminary Schedule - Sunday, December 10, 2023

TPASC - Toronto		Carleton Place Aquatic Centre	
Time	Distance/Activity	Time	Distance/Activity
8:00 am - 8:30 am	Warm-up	10:30 am - 10:45 am	Warm-up
8:30 am - 9:15 am	50m timed finals	10:45 am - 11:15 am	50m timed finals
9:15 am - 10:00 am	150m timed finals	11:15 am - 11:45 am	150m timed finals
10:00 am - 11:00 am	300m timed finals	11:45 am - 12:30 pm	300m timed finals

### Registration Details

The registration deadline is Wednesday, December 6, 2023, using the Ontario Cup - Swim Meet entry form found on the event page [here](#).

The entry fee for the 2023 Ontario Cup - Swim Meet is \$5 per participant. An invoice for the registration fees will be sent to each club post competition. National Team Carded athletes and athletes attending the Ontario Team/U14 Academy Team December Training Camps will receive a free entry into the event.



## How to Maintain a Healthy Competition Environment

Please review our [How to Help Stop the Spread of Contagious Viruses](#) for recommendations on how to keep our paddlers healthy and able to participate in programming and competitions.

Remember: IF YOU FEEL UNWELL, STAY HOME!

## Ontario Cup Points & Awards

Prizes will be awarded to the Top performances in each event. Points will be awarded to the Top 8 performances in each event (see table below).

Position of Finish	Total Points
1st	16
2nd	8
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1



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