

## DATES & VENUE

**August 16 and 17, 2025**

Olympic Rowing Basin – Parc Jean Drapeau  
140 Chemin du Chenal le Moyne, Montréal, QC H3C 6J6

**A one-of-a-kind event for everyone — a  
first in Montréal!**

## ENTRY DEADLINE:

**National races:**

**AUGUST 4<sup>th</sup>, 2025 - 11:59pm EST**

**ALL other races:**

**AUGUST 14<sup>th</sup>, 2025- 11:59pm EST**

## MEET SCHEDULE

SATURDAY AUGUST 16 2025			SUNDAY AUGUST 17 2025		
Start time	Race	Eligibility	Start time	Race	Eligibility
8:30am	10km	Canadian Open Water Championships	8:30am	3km Knock-out sprints	Canadian Open Water Championships
8:36am	10km	QC OW circuit	12:30pm	5km	QC OW circuit
11:30am	200m	Open to all 5 years +	3:00pm	500m	Open to all 9 years +
12:30pm	3km	Open to all 14 years +	3:30pm	2km	Open to all 12 years +
2:30pm	1.5km	Open to all 11 years +	*For detailed schedule- see Appendix D		
3:15pm	Relay 2x500m	Open to all 11 years +			

A unique gathering in Montreal, featuring:

- The Canadian Open Water Championships – showcasing the nation's best racing for national open water titles.
- Provincial Open Water circuit – exciting and competitive races for local athletes eager to challenge themselves.
- Mass Participation Races – open to everyone, regardless of experience level. Come enjoy an unforgettable swim — solo, with friends, or as a family!

## ORGANIZING COMMITTEE

Event Manager & Officials	Marie-Christine Potvin	<a href="mailto:eaulibre@fnq.ca">eaulibre@fnq.ca</a>
Local Meet Director	Nicole Normandin	<a href="mailto:nicoleno@videotron.ca">nicoleno@videotron.ca</a>
Entry Coordinator	Carole Thomas	<a href="mailto:cthomas@swimming.ca">cthomas@swimming.ca</a>
National races-Director	Cynthia Pincott	<a href="mailto:cpincott@swimming.ca">cpincott@swimming.ca</a>
Meet Referee	Marie Bonneau	<a href="mailto:mammbono@hotmail.com">mammbono@hotmail.com</a>

Appendix A	<b>HOW TO REGISTER – athletes, officials and volunteers</b>
Appendix B	<b>MEET INFORMATION ONLY FOR SWIMMING CANADA NATIONAL RACES</b>
Appendix C	<b>ACCOMMODATIONS &amp; DIRECTIONS</b>
Appendix D	<b>DETAILED EVENT SCHEDULE</b>

## SAFE SPORT

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Swimming Canada provides a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures.

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

## Photography/Videography

- To minimize risk, all photographs and video taken at Swimming Canada sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- The full details on the Event Photography and Videography Procedure can be found [HERE](#)

## MEET INFORMATION

Canadian Open Water Championships <b>10km* &amp; 3km Knockout Sprints</b>	National-level races open to athletes who meet Swimming Canada's eligibility criteria	For more information on the races and how to register, <b>see Appendix B</b>
Provincial circuit <b>5km &amp; 10km</b>	Races of the Federation de natation du Quebec (FNQ)	More information on the circuit (French only): <a href="#">CIRCUIT EN EAU LIBRE</a>
Open Water races for all <b>200m, 500m, 1.5km, 2km, 3km &amp; Relay</b>	Open to everyone, regardless of experience level	More information on these races, please read the following pages

## MAXIMUM NUMBER OF RACES

A swimmer may register for a maximum of two (2) individual races and one (1) relay per day.

## ATHLETE ELIGIBILITY

An athlete's age is determined based on their age on the first day of the competition (August 16<sup>th</sup>, 2025)

Athletes must be registered as competitive members with their respective Provincial or National Swimming Federation.

Event	Minimum Age	Notes
200m	5 years old	PFD mandatory from ages 5 to 8*
500m	9 years old	PFD or buoy allowed, not mandatory
1.5 km & 2 x 500m Relay	11 years old	—
2 km	12 years old	—
3 km, 5 km, 10 km & Knockout Sprints	14 years old	—

**\*PFD: but please bring your own**

Para swimmers are welcome to participate. They are limited to a maximum distance of 5 km and must complete the race within 2 hours. It is their responsibility to inform the organizing committee and the Chief Referee of their classification by providing their sport class. However, no separate ranking will be created.

## SINGLE EVENT AFFILIATION

Athletes who are not members of the Federation de natation du Quebec or another provincial swimming association must obtain a single-event affiliation at the time of registration.

## FOREIGN SWIMMERS

Athletes from outside of the Province of Quebec must provide a letter from their provincial or national Federation confirming their registration status to the Event manager at [eaulibre@fnq.ca](mailto:eaulibre@fnq.ca) before the competition registration deadline.

## REGULATIONS

The rules of Swimming Canada and the Federation de natation du Quebec (FNQ) will apply, including the Open Water Swimming Safety Regulations.

The use of training suits, World Aquatics-approved race suits, and wetsuits\* is permitted under the following conditions:

- For open water competitions held in water with a temperature below 18.0°C, the use of wetsuits is mandatory.
- Wetsuits are not permitted in water with a temperature equal to or above 18.0°C, unless dangerous conditions are deemed present. In such cases, the Chief Referee, following recommendations from the Safety Officer and Medical Officer, may declare wetsuits mandatory in temperatures up to 20.0°C.

### \*Wetsuit Specifications:

Wetsuits must fully cover the torso, back, and thighs. They must not extend beyond the neck, wrists, or ankles. Coverage is not mandatory for body parts below the thighs or beyond the shoulders. The materials used must have thermal insulation properties and may include multilayer constructions, some of which may be non-water permeable. Gas-injected materials are not permitted. Materials that lack thermal insulation properties are not allowed.

Permeability and buoyancy will not be evaluated, but the material thickness must range between 3 mm and 5 mm. The minimum thickness may be reduced in specific areas if it enhances the swimmer's range of motion. Zippers and other fastening systems are allowed, provided they are fully functional.

### COMPETITION INFORMATION

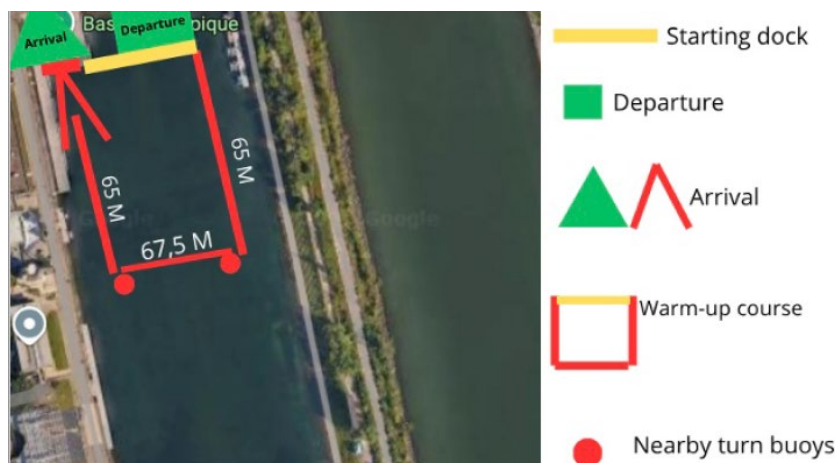
Course type: closed loop

Course distances: 500m loop & 1.66km loop

Event	Course Used	Details
200m Introductory	Warm-up course	Start from launch dock → finish under arrival arch
5km	1.66km loop	Mandatory checkpoint arch included
10km	1.66km loop	Mandatory checkpoint arch + feeding platform on the course
All other races	500m loop	—

- Unless specified, the race may be held as a mixed-gender race, depending on the number of entries
- All starts will take place from the dock.

### WARM-UP & 200m loop



## ALL OTHER RACES






## AGE GROUPS FOR RESULTS

3km, 5km and 10km	Women, Men	Ages : 14-17, 18-24, 25-49, 50 and over
2km	Women, Men	Ages : 12-13, 14-17, 18-24, 25-49, 50 and over
1.5km	Women, Men	Ages : 11-13, 14-17, 18-24, 25-49, 50 and over
500 meters	ALL	9 years and older
200 meters	ALL	5 years and older
Relay	Women, Men, Mixed	11 years and older

## SOUVENIR AND MEDALS

All participants will receive:

-  Commemorative medal
-  Official event souvenir t-shirt
-  WeCook lunch box after their race



## PRE-RACE MARKING & CHECK-IN

Before the race starts, all athletes are required to check-in with the Clerk of the Course to:

- **IMPORTANT:** Do not apply sunscreen before having your race number marked
- Have their race number marked on their body
- Undergo a fingernail length check
- Remove all jewelry
- Have their swimsuit or wetsuit approved
- Pick up their swim cap and timing chips

## PROHIBITED EQUIPMENT

The use of electronic devices is strictly prohibited (smartwatches, smart goggles, earphones, etc.). Only the official timing chips provided by the organizing committee will be allowed. Tow floats, pull buoys and fins are also prohibited.

## TECHNICAL MEETING

A technical meeting will be held online on **Tuesday, August 12, 2025, at 7:00pm EST.**

Link for the meeting: [TECHNICAL MEETING](#)

The first part will be a presentation from Swimming Canada for the 10km & 3km Knockout Sprint, followed by the presentation of all other races.

The meeting will be recorded and made available the following day.

A pre-race briefing with the Chief Referee will take place before each race. The exact time will be specified in the final schedule.

## ELECTRONIC TIMING SYSTEM

The electronic timing chips will be provided by MS1.

All participants must wear the electronic timing chips provided at check-in. Electronic timing chips must be worn on the wrists and will be used to record both intermediate splits and final times. Athletes are responsible for finishing the race with at least one electronic timing chip to be eligible for official rankings. If an electronic timing chip is lost during the race, the referees may provide a replacement.

It is mandatory for the athlete to touch the timing plate with the hand wearing the electronic timing chip at the finish line. Participants in the 5 km and 10 km events must pass under the intermediate checkpoint arch during the race.

## TIME LIMITS

The time limit is 15 minutes per 5 km segment after the first swimmer of each gender and age category finishes, up to a maximum of 120 minutes (III 5.14).

Competitors who do not finish within the time limit must exit the water, unless the Chief Referee grants permission for a swimmer to complete the race despite exceeding the limit.

The maximum time allowed to complete each race is as follows:

- **1.5 km:** 35 minutes
- **2 km:** 45 minutes
- **3 km:** 1 hour 15 minutes
- **5 km:** 1 hour 45 minutes
- **10 km:** 3 hours





## FEEDING

A feeding platform will be available on the 1.66 km course loop.

Designated competitor representatives may provide sustenance to their athlete using a safe feeding pole, which must not exceed a maximum length of 5 meters. The pole must be inspected by the clerk of course at registration.

**Each competitor representative is limited to a maximum of 2 athletes.**

## ADDITIONAL INFORMATION

- Any swimmer who withdraws from a race must immediately report to a lifeguard.
- Athletes are responsible for completing each race with their electronic timing chips. If electronic timing chips are not returned or are lost, a \$35.00 replacement fee will be charged.
- **Duck tape** is strictly prohibited on the electronic timing chips. The use of electrical tape is recommended.
- First aid services will be available on site.
- Each swimmer is responsible for bringing a blanket and warm clothing, if needed.
- Exceptionally, for events other than the Knockout Sprints, 5 km and 10 km, the use of a wetsuit is permitted in water up to a temperature of 20.0°C.
- Breakfast, coffee, lunch, and snacks will be available on site for officials, volunteers and coaches.



## APPENDIX A

### HOW TO REGISTER- ATHLETES

Registration for athletes is via the MS1 Inscriptions platform:

<https://www.ms1inscription.com/festivaleaulibre2025>

- An affiliation number is required to complete registration.
- For Swimming Canada members who do not know their affiliation number, here is how to retrieve it:
  - How to Find Your Swimmer ID:
    - Log in to your REMS account
    - Click on the "Details" tab
    - Scroll down to find your Member Identifiers
    - Copy the Swimmer ID

**Important: Use the Swimmer 9-digit ID when registering for competitions — not the REMS ID.**

- Registrations may be completed individually or as a group, by adding participants progressively.
- Non-members can also register through the same platform and purchase a single-event affiliation during the registration process.

Registration for athletes of the Canadian Open Water Championships  
**10km and 3km knockouts sprints- see Appendix B**

### REGISTRATION FEES

	Prices valid until July 27 <sup>th</sup> , 2025	Prices valid after July 28 <sup>th</sup> , 2025
<b>10 km</b>	105\$	130\$
<b>5 km</b>	85\$	105\$
<b>3 km</b>	70\$	85\$
<b>2 km</b>	55\$	65\$
<b>1.5 km</b>	45\$	55\$
<b>500 meters</b>	25\$	30\$
<b>200 meters</b>	20\$	25\$
<b>2 x 500m Relay</b>	50\$	60\$

- All fees are subject to tax
- \$16.00 + taxes (\$18.40) for the single-event affiliation fee, if applicable
- MS1 service fees will apply to each transaction

### CHANGES TO REGISTRATION

- After August 14<sup>th</sup>, 2025, a \$10 fee per change will be charged.
- All change requests must be made by email directly to the person responsible for registrations.

### LATE REGISTRATION

- No late registrations will be accepted after August 14<sup>th</sup>, 2025
- No on-site registration

### EVENT CANCELLATION

- In the event of race cancellations during the competition, registration fees will not be refunded.

### HOW TO SIGN UP- OFFICIALS AND VOLUNTEERS

#### OFFICIALS REGISTRATION LINK

#### VOLUNTEER REGISTRATION LINK





## APPENDIX B

### IMPORTANT NOTE ONLY FOR THE SWIMMING CANADA NATIONAL OPEN WATER CHAMPIONSHIP EVENTS

This meet information is only for the Swimming Canada National Open Water Championship events – 10km and 3km Knockout Sprints. For all other events, please go to <https://fnq.ca/competitions/circuit-en-eau-libre/>

#### GENERAL INFORMATION

Swimming Canada rules govern this competition. Competition Rules or procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. This meet is open to qualified Swimming Canada registered swimmers and World Aquatics registered foreign swimmers (swimmers registered with foreign swimming federations). Please refer to [Swimming Canada Rulebook](#) for eligibility rules (I C5.1.1 and I.C5.1.2).

#### KEY DATES

<b>Meet Entry Deadline</b>	August 4th 2025	
<b>Training Availability</b>	Thursday, August 14 <sup>th</sup> , 2025	Friday, August 15 <sup>th</sup> , 2025
<b>Parc Jean Drapeau</b>	4:00pm – 6:00pm (LC)	8:00am – 10:00am (LC)
<b>Parc Jean Drapeau</b>		4:00pm – 6:00pm (LC)
<b>Technical Meeting</b>	<b>August 12<sup>th</sup>, 2025 – 7 pm EST – VIRTUAL</b>	
<b>Meet Dates</b>	<b>August 16<sup>th</sup> and 17<sup>th</sup>, 2025</b>	
<b>Meet Start Times</b>	8:30am	

#### EVENT QUALIFICATION

[2025-2028 Swimming Canada National Standards](#)

Times performed Long Course et short course since September 1, 2023, are eligible for all event entries.

#### Age Allowances

10km & 3km Knockout Sprints: Swimmers must be 14 years or older and have one proven Canadian Swimming Open time standard in any race.

#### Races and Age Category

10km: Junior: 14-18 (Male & Female); Senior: 19+ (Male & Female)

Knockout sprints: 14-18 (Male & Female); Senior: 19+ (Male & Female)

Following the meet entry deadline, all participating Canadian clubs, Unattached Canadian swimmers and foreign clubs and teams will receive an email with a Square® invoice for all fees owing. This invoice must be paid prior to **August 14, 2025**, for entries to be considered final. Please note: the team that enters the swimmer is responsible for paying that swimmer's fees.

#### Entry Process

All entries must be submitted via the online entry form <https://form.jotform.com/251615390036250>

All Canadian club and varsity coaches attending the event must be included in the club entry submission to receive accreditation.



	Prices valid until July 27 <sup>th</sup> , 2025	Prices valid after July 28 <sup>th</sup> , 2025
10 km	105\$	130\$
3 km Knockout Sprints	75\$	100\$

**Foreign coaches/support team: \$125 CAD**

**Late registration: Foreign coaches/support team: \$100 CAD**

**Waivers & Assumption of Risk Form** - Included with event sign up form.

## ADMINISTRATIVE INFORMATION

### Start Lists

Psych sheets will be posted on Swimming Canada's web site following the meet entry deadline.

### Scratches

All scratches after the entry deadline must be submitted through the **online scratch form** for the event.

Scratch deadlines	Event	Scratch Deadline
	10km	6:00pm the night prior (Friday)
	3km Knockout Sprints	6:00pm the night prior (Saturday)

### Penalty

All penalties must be paid in accordance with Swimming Canada rule SNC 3.4.

## FOREIGN SWIMMERS

Foreign competitors (other than members of USA Swimming) must provide a letter from their National Federation confirming their registration status. If entering the Canadian Open Water Championship races: 10km or 3km Knockout Sprints, a letter must be submitted to Jocelyn Jay ([jjay@swimming.ca](mailto:jjay@swimming.ca)) prior to the meet entry deadline.

## COMPETITION INFORMATION

### Description of the 3km Knockout Sprint Race:

1. Male and Female races will be swum separately.
2. For Round one (1) the entry list will be published in advance of the Technical Meeting. - The number of heats to be swum in Rounds one (1) and two (2) will be determined after all the entries have been received and processed and will be announced at the Technical Meeting. For Round two (2) the maximum number of heats would be two (2). - Random draw for heats will be published in advance of check-in.
3. In Round One (1) each competitor will swim 1500m, competitors advancing to Round two (2) will swim 1000m, and competitors advancing to Round three (3) will swim 500m.
4. The top ten (10) finishes from each heat in Round one (1) will advance to Round two (2) or two (2) heats with the allocation process announced at the Technical Meeting.
5. If there is one (1) heat in Round two (2) the top 10 from Round two (2) will advance to the Round three (3) final. If there are two (2) heats in Round two (2) the top 10 finishes from each heat will advance to the Round three (3) final.
6. If any competitor receives a 1st infringement during Rounds one (1) or two (2) then this penalty will remain in place if the competitor advances forward in any Rounds of the event.



7. In the event of disqualification or withdrawal from Rounds two (2) or three (3) the position competitor would have had shall be awarded to the competitor who finished next, and all the lower placing competitors shall be advanced one place in the semi-final (s) or final.
8. Medals will be awarded for 1st, 2nd and 3rd places for each gender Male (M) and Female (F)

### Taping Review

*For these races as per II.C15.3.2, a Taping Review Committee will be in place to review taping requests.*

- Taping review will take place prior to each session during warmups. All reviews must be completed no later than 15 minutes prior to the start of the race.
- Taping Review Forms available at the Clerk of the Course must be submitted to the National Meet Director one hour prior to prelims and one hour prior to finals.
- Coaches must ensure that taping is reviewed by the committee before the first session in which the athlete will swim with taping. If the athlete wears identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- For internationally classified para swimmers, the Para Technical Advisor will be consulted, and their recommendation will be followed to comply with World Para Swimming Rules and Regulations.
- The committee's decision will be final.
- Any swimmer who races with taping is not approved by a Taping Review Committee will be disqualified.

### CONTINGENCY PLAN

In the event of dangerous weather or water conditions, races may be postponed or canceled. The contingency plan will then be communicated—to the extent possible—during the technical meeting, as well as in the days leading up to the event and throughout it, if necessary.

### RACE RULES

World Aquatics Open Water Swimming Rules can be found [here](#).

Swimming Canada Open Water Rules can be found [here](#).

Each swimmer must have a representative on the feeding pontoon/dock for races of 10km. This individual must be registered with their club and Swimming Canada as a coach or support staff.

### AWARD & SCORING INFORMATION

**Awards** - Medals for Top 3 finishers per gender per age category

10km: Junior: 14-18, Senior: 19+

3km Knockout Sprints: Junior: 14-18, Senior: 19+

### DOPING CONTROL

Participants registered for this event must be aware that doping control may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program. All athletes attending this event must bring picture identification to verify identity upon selection.

To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- **Check your medications:** Use the Global DRO (<http://www.globaldro.com/>) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.
- **Review your medical exemption requirements:** If you require the use of a banned medication for a legitimate medical reason visit (<http://cces.ca/medical-exemptions>) to obtain information and instructions about how to apply for a medical exemption.
- **Learn about the doping risks associated with supplements:** Do not use supplements or take significant precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Find out more at <http://cces.ca/supplements>.



- **Review the sample collection procedures:** This short video will take you step-by-step through doping control (<http://cces.ca/sample-collection-procedures>).
- **Contact the CCES with any questions:**
  - Email: [info@cces.ca](mailto:info@cces.ca)
  - Call toll-free: 1-800-672-7775
  - Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

### **Parking**

Parking is subject to a fee. Click [here](#) for more details and scroll down to Île Notre-Dame.

### **Updates to this Document**

For information and updates to this document please refer to the Swimming Canada web site [www.swimming.ca](http://www.swimming.ca).

This document has been prepared in English and translated to French.  
Where there is a discrepancy between the two versions, the English version shall be applied.

## APPENDIX C

### ACCOMMODATIONS

#### CHOICE HOTELS

By booking your stay at a Choice Hotels™ property through one of the three platforms listed below, you will receive a **15% discount** on your reservation.

To benefit from this offer, please use the corporate ID number 00622380 and make your reservation via one of the following options:

1. On the website [www.choicehotels.com](http://www.choicehotels.com) using your CID# **00622380**
2. On the **Choice Hotels mobile app** with CID# **00622380**
3. By phone at **1-800-424-6423** (be sure to mention CID# **00622380** to the agent)

#### HOTEL UNIVERSEL – MONTREAL

5000 Sherbrooke Street East, Montréal, QC

Phone: 514-253-3365

Website: [www.hoteluniverselmontreal.com](http://www.hoteluniverselmontreal.com)

#### SPECIAL RATES (valid until July 20, 2025):

Classic/Comfort Room with two double beds – \$199

(Single / Double / Triple / Quad occupancy)

Classic/Superior Room with one king bed – \$199

(Single or double occupancy)

All details will be on the website: <https://fnq.ca/competitions/circuit-en-eau-libre/>

### DIRECTIONS

Full details on the website: <https://fnq.ca/competitions/circuit-en-eau-libre>

Public transit: Get off at the Jean-Drapeau metro station

On-site parking: P2 (\$)



## APPENDIX D

### COMPLETE DETAILED SCHEDULE OF THE EVENT

SATURDAY AUGUST 16 2025		SUNDAY AUGUST 17 2025	
6:00am	Officials & volunteers check-in and briefing	6:00am	Officials & volunteers check-in and briefing
6:30 am	Marking & Check-In- 10km	6:30 am	Marking & Check-In – 3km Knock-out sprints
7:30 am	Warm-up -10 km	7:30 am	Warm-up- Knock-out sprints
8:00 am	Check In deadline – 10km	8:00 am	Check In deadline – 3km Knock-out sprints
8:15 am	Mandatory briefing for swimmers with referee – 10km	8:15 am	Mandatory briefing for swimmers with referee – 3km Knock-out sprints
8:30 am	Men's 10 km* national race	8:30 am	Men's Knockout Sprints**
8:32 am	Women's 10 km* national race	9:00 am	Marking & Check-In -All
8:36 am	10km provincial race	10:00 am	Women's Knockout Sprints**
9:30 am	Marking & Check-In - All	11:30 am	Warm-up- All
11:15 am	Mandatory briefing for swimmers with referee – 200m	12:00 pm	Awards – national races
11:30 am	Introduction race- 200m	12:15 pm	Mandatory briefing for swimmers with referee – 5km
11:35 am	Warm-up- All	12:30 am	5km
12:00 pm	Awards – national races	2:45 pm	Mandatory briefing for swimmers with referee – 500m
12:15 pm	Mandatory briefing for swimmers with referee – 3km	3:00 pm	Introduction race-500m
12:30 pm	3 km	3:15 pm	Mandatory briefing for swimmers with referee – 2km
2:15 pm	Mandatory briefing for swimmers with referee – 1.5km	3:30 pm	2km
2:30 pm	1.5 km	4:00 pm	END
3:00 pm	Mandatory briefing for swimmers with referee – Relay	*Preliminary schedule- changes may occur after entry deadline	
3:15 pm	Relay 2x500m		
4:00 pm	END		