



The following are the dates and times for **GO Race Week #1**

Group/ Cohort

Information

Senior Track 1:

- ~~Saturday December 12~~ Sunday December 20
- ~~uOttawa 9:45-11:45am~~ Brewer Pool: 8:00-10:30am
- ~~Events: 100 best, 100 Free~~ Other 2*100 - Choice of event

Senior Track 2

- ~~Saturday December 12~~ Saturday December 19
- ~~uOttawa 9:45-11:45am~~ Brewer Pool: 10:30-12:15pm
- ~~Events: 100 best, 100 Free~~ Other 2*100 - choice of event

Senior Track 3

- Sunday December 20
- Brewer Pool 12:30-2:00pm
- Events 2* 100 - Choice, 100 Choice

Gold Central:

- Sunday December 20
- Brewer Pool 2:00-3:30pm
- Events 50 Fly, Back, Breast, Free

Gold East:

- Saturday December 19
- FDRC 7:00-8:30 am
- Events 50 Fly, Back, Breast, Free

B/S: EAST:

- Saturday December 19
- FDRC 6:00-7:00 am
- Events 50 Fly, Bk, Br, Free (Coach makes final decisions)

B/S: Canterbury:

- Sunday December 20
- Canterbury Group A: 8:30 to 9:45 am / Group B: 9:45 to 11:00 am
- Events 50 Fly, Bk, Br, Free (Coach makes final decisions)

Disclaimer: These are not official times, however, an opportunity for our swimmers to get on the blocks and race each other. Times will be recorded and published on our Website after the event. These times **may** also be submitted [to Swimming Canada's Speedo #raceagain competition.](#)