



# NKB & PERTH STINGRAYS PRESENT: FRIDAY NIGHT AT THE RACES!

***It's time to shake things up, turn off the clocks,  
and have some fun racing!***

The art of competitive swimming is all about the thrill of the race! But it's also about so much more - celebrating wins, learning from losses, growing stronger with every splash, and doing it all surrounded by teammates who cheer you on every step of the way.

That's what **Friday Night at the Races** is all about! It's where swimmers can test their speed, challenge themselves, and build confidence - all while having an absolute blast. And it's not just coaches who'll be there to inspire and support - some of the amazing "big kids" from NKB and PERTH will be poolside too, ready to mentor, cheer, and relive the joy that made them fall in love with the sport in the first place. By the end of the night, everyone will leave with smiles on their faces, new memories, a few well-earned awards, and an even deeper love for swimming.

## EVENT INFORMATION

### NIGHT 1: 11 & 12 YEAR OLDS

Friday, November 7, 2025  
5:00-7:30 PM

#### Hosted by Perth Stingrays

Perth & District Pool  
3 Sunset Blvd., Perth, ON

### NIGHT 2: 10 & UNDER

Friday, November 14, 2025  
5:00-7:30 PM

#### Hosted by NKB

Nepean Sportsplex  
1701 Woodroffe Ave., Nepean, ON

### ELIGIBILITY/DEADLINE TO CONFIRM COMMITMENT

All Intro & competitive swimmers 11-12 and 10 & under have been declared for the appropriate night. Please **remove your swimmer** by the deadline below if not attending.

### NIGHT 1: 11 & 12 YEAR OLDS

Commitment Deadline: October 22, 2025

### NIGHT 2: 10 & UNDER

Commitment Deadline: October 29, 2025

## ENTRY FEES

**Each committed swimmer accounts will be  
charged \$13.56 (\$12 + HST) for this event**

# ENTRIES

All swimmers participate in all individual events each night, if ready.

<b>Age Up Date</b>	Ages submitted are as of the date of each night
<b>Deck Entries</b>	Not preferred, but permitted - we love seeing kids swim!
<b>Seeding</b>	Single event heat sheet will be generated for each night Swimmers will have the same heat and lane for all races

## SCHEDULE OF EVENTS

<b>NIGHT 1: 11 &amp; 12 YEAR OLDS</b> Warm Up: 5:00 PM Racing Start: 5:30 PM	<b>NIGHT 2: 10 &amp; UNDER</b> Warm Up: 5:00 PM Racing Start: 5:30 PM
75 FR 50 BR 50 BK 50 FLY 25 Flutter Kick Crescendo Relay 25-50-75-100 FLY-BK-BR-FR	75 FR 25 BR 25 BK 25 FLY 25 Flutter Kick Crescendo Relay 25-50-75-100 FLY-BK-BR-FR



## AWARDS

**Individual Awards:** Every swimmer in every heat receives an award sticker for their heat placement

**Team Spirit Awards:** At the end of each night, one swimmer will be recognized by the other team for their team spirit and sportsmanship.  
(NKB will choose the PERTH recipient, PERTH will choose the NKB recipient)

**Remember to add some festive touches to your uniform and bring your team spirit!**