**LONG COURSE CAN-AM CHALLENGE**

**NOVEMBER 23-24, 2019**

On behalf of WEST, thank you for participating in our Long Course CAN-AM Challenge 2019.

**Session Times**

Saturday, November 23, 2019

**All Ages Prelims and Finals**

Morning Session: Warmups 11:00am - 11:45am

Session 12:00pm - 3:30pm

**13 & Over Finals**

Afternoon Session: Warmups 4:00pm – 4:45pm

Session 5:00pm – 6:30pm

Sunday, November 24, 2019

**All Ages Prelims and Finals**

Morning Session: Warmups 8:00am - 8:45am

Session 9:00am - 12:30pm

**13 & Over Finals**

Afternoon Session: Warmups 1:00pm – 1:45pm

Session 2:00pm – 3:30pm

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Saturday Finals – 50m Fly Eliminator

The 50m Fly Eliminator events will be held at the end of finals on Saturday and is an event for the 13 & over age group only. This is an open event where the top 10 men and women swimmers from preliminaries will compete in the eliminator event (a total of 5 heats each for women and men).

Walkout Music for Finals

Sheets will be provided on the Clerk of Course table for the top swimmer in each afternoon finals event. Please remind your swimmers to bring back the sheet as soon as possible for us to download and prepare the music for finals.