



O-Cat Relays	Club Relays	Regional Relays *Provincials Only
O-Cat 1	MUST include <u>at least one</u> O-Cat 1 swimmer and a maximum of three Div 1 - 3 swimmers	ONLY O-Cat 1 swimmers allowed
O-Cat 2	MUST include <u>at least one</u> O-Cat 2 swimmer and a maximum of three O-Cat 1 and/or Div 4 – 6 swimmers	ONLY O-Cat 2 swimmers allowed*  <i>*O-Cat 1 can move up to this relay only if there are not enough O-Cat 2 swimmers from that region at Provincials</i>

- Any O-Cat swimmer can only swim on one Regional Relay
- Division 7 and 8 are not eligible for O-Cat 2 relays
- O-Cat swimmers are not eligible to swim in ANY “S” relays. Any relay which includes an O-Cat swimmer, must swim in the corresponding “O” category