



Victoria Masters Swim Club

30th Annual Swim Meet (Long Course)

Saturday February 20, 2010

MSABC Sanction Number: SBCM1005

Saanich Commonwealth Place, 4636 Elk Lake Drive, Victoria BC

Warm Ups: 10:00 – 10:50 AM, **Meet Start:** 11:00 AM, **Social:** Following Events and during 1500 Free

Entry Fee: \$35.00 – *Please make Cheques payable to “Victoria Masters Swim Club”*
Entry Deadlines: **Paper: Wednesday, February 6, 2010** - (NO DECK ENTRIES ACCEPTED except relays)
Mail Entries To: Len Martel, 651 Cornwall St, Victoria, BC, V8V 4L2

Team Manager Import File will be available for team entries on website

Team Manager Entry Deadline: February 15, 2010.

Eligibility: Swimmers registered with their provincial, national, or state Masters organization.

Pool / Facility: 8 lanes, 50m competition pool, electronic timing, separate 25m warm-up/cool-down pool

Rules: Current MSC rules and SNC warm up procedures will be in effect.

Awards: Certificates to each participant. Labels provided to each club for certificates.

Accommodation: **Howard Johnson**, 4670 Elk Lake Drive (next door to pool) Phone: 1-866-300-4656. They are offering discounted rates for several room types. Quote Group Code: VM20. Reserve no later than Feb 19, 2010

Info/Contact: **Meet Manager:** Len Martel **Phone:** (250) 812-1206 **Email:** len.martel@gmail.com

Please confirm registration list online at <http://www.victoriamasters.ca> on February 15, 2010.

Report any discrepancies to Meet Manager as soon as possible. Final Heats printed on February 18, 2010.

	Event	Entry Time		Event	Entry Time	<p style="text-align: center;">PLEASE NOTE:</p> <ul style="list-style-type: none"> Swimmers may enter 4 individual events plus relay. Relays must be deck entered 4 events prior to race. POSITIVE CHECK-IN required by 11:30AM for 1500 Free. Final Heat Sheet for 1500 will be posted on deck prior to the event. The 1500 Free will be restricted to 3 heats and may be swum 2 per lane and may be adjusted at the Meet Manager’s discretion. Please note that if double-laned, front crawl is the only stroke permitted. Timers may be required for the 1500 Free. We may request for timers the day of event. Please find a team member to assist if needed.
1	400 Free		11	200 IM		
2	200 Back		12a	Male 4x50 Mixed Medley	Deck entry - Note: Swimmers may only enter event 12a, 12b or 12c – as these event will be seeded together	
			12b	Female 4x50 Mixed Medley		
			12c	4x50 Mixed Medley		
3	100 Breast		13	100 Free		
4	50 Fly		14	100 Back		
5	Male 4x50 Free Relay	Deck entry	15	200 Fly		
6	Female 4x50 Free Relay	Deck entry	16	50 Breast		
7	400 IM		17	200 Free		
8	200 Breast		18	50 Back		
9	100 Fly		19	4x50 Mixed Free Relay	Deck Entry	
10	50 Free		20	1500 Free		

Last Name: _____ **First Name:** _____

Birth Date: (mm/dd/yyyy) _____ **Gender:** _____

Swim Registration #: _____ **Team:** _____

Home Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone Number:** _____

Club Contact Name _____

Unattached swimmer. – if yes: Province/Country: _____