

North Shore Masters Sprint Meet

Saturday, October 23, 2010

Sanction #

SBCM 1102

Time: Warm up: 2:00pm-3:00pm **Attention:** **Khosro Mansuri**
Events: 3:00pm-8:00pm **Location:** **Harry Jerome Recreation Centre**
123 East 23rd Street
North Vancouver, BC V7L3E2

Eligibility: Registered Masters Swimmers.
Entry limit: Registration is limited to 150 swimmers. Each individual may swim up to 4 events.
Entry Fee: 30.00 per swimmer. Payments by cheque made payable to NVRC at the above address along with your entry form.
Entry deadline: **Must be done no later then October 15th, 2010.**
Age Groups: Masters Swim age category
Rules: Current SNC Rules with Fina Masters exemption.
Awards: All participants will receive one participation Ribbon and labels will be given to put on the card.
Pool Space: 25m, 6 Lanes. No warm down pool but we will have 2x15min break after every 6 events for warm up and warm down.

Event Schedule:

Number	Event
1	200m Open choice of Back, Fly, Breast, Free or I.M. Seeding is based on time.
2	25m Back
3	100m Fly
4	50m Breaststroke
5	50m I.M. (50m I.M. swim as 12.5 Butterfly, 12.5 back, 12.5 Breast and 12.5 Free).
15min break	
6	25m Breast
7	100m Free
8	50m Back
9	100m I.M.
10	50m Fly
15min Break	
11	25m Free
12	100m Breast
13	100m Back
14	25m Fly
15	50m Free

- Free parking.
- Electronic and manual timing system will be used
- Event seeding is by time fast to slow.
- *No Scoring or Points for 50m I.M. Swim*

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Meet Entry Form

Entry must be done no later then October 15th, 2010

First Name: _____ Last Name: _____

Address: _____

Phone Number: _____ Gender: _____

Email Address: (Please Print).....

Club Name: _____ Contact Person: _____

*MSABC # _____

Age by the end of December 2010: _____

Event #	Name of Event	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Method of Payment: Only by Cheque

* If your MSABC registration number not provided you will not be able to register

- For any other question related to this meet contact Meet Manager.

Khosro Mansuri. khosro_38@yahoo.com 604-983-6429

Mail it to: Attention Khosro Mansuri
 123 East 23rd Street
 North Vancouver, BC
 V7L3E2