



# North Shore Masters Sprint Meet

**Saturday, October 15, 2016**

**Sanction # SBCM 1700**

**Time: Warm up:** 2:00pm-3:00pm  
**Events:** 3:00pm-7:00pm

**Meet Manager: Khosro Mansuri**  
**Location: Ron Andrews Community Recreation Centre**  
**931 Lytton Street, North Vancouver, BC V7H 2M5**

**Eligibility:** Registered Masters Swimmers.

**Entry limit:** Registration is limited to 150 swimmers. Each individual may swim up to 4 events plus relays.

**Entry Fee:** \$31.50 (tax incl) per swimmer.

**By Mail:** All mail in entries **MUST** be received by **October 11, 2016**. No late entries will be accepted. Please make cheques payable to the NVRC and include registration form. Mail to:

**Ron Andrews Community Recreation Centre**

**Attn: Michelle Jones**

**931 Lytton Street, North Vancouver V7H 2M5**

**By Phone:** Call **604-987-PLAY (7529)**. You must set up an account prior to registering. The barcode is **364152**. Email Khosro click [here](#) your event choices and your swim team.

**Online:** <http://www.nvrc.ca>. Click *register online*. The barcode is **364152**. You must set up an account prior to registering. Email Khosro click [here](#) your event choices and your swim team.

**Entry deadline:** **11:00am Wednesday October 12, 2016.**

**NO REFUNDS AFTER THE Wednesday OCTOBER 12, 2016 DEADLINE.**

**Age Groups:** Masters Swim age category

**Meet Rules:** **Current MSC Rules, warm up procedures and The Swim BC Tech Guide will be in effect at this meet.**

**Awards:** All participants will receive one participation Ribbon and labels will be given to put on a card.

**Pool Space:** 25m, 6 Lanes. Also **Shallow tank for warm up/down during the swim meet.**

## **Event Schedule:**

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- 100m Free                      6- 25m Breast

7- 50m Back                      8- 4x50 Free Relay                      9- 100m I.M.                      10- 50m Fly                      11- 25m Free

12- 100m Breast                      13- 100m Back                      14- 25m Fly                      15- 50m Free

**RELAYS:** Relays must be submitted to the meet manager by the end of warm up (3pm).  
Late entries will **NOT** be accepted. All members of a relay team must be from the same club.

Free parking. Electronic / manual timing system will be used.

**Event seeding is by time Slow to Fast.**



**Saturday, October 15, 2016**

Sanction SBCM 1700

**Meet Entry Form**

Entry must be done / received no later than 11am Wed October 12, 2016

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Please Print** Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_ Gender: \_\_\_\_\_

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

Club Name: \_\_\_\_\_ Club Code \_\_\_\_\_

**Contact Person:** \_\_\_\_\_ **\*MSABC #** \_\_\_\_\_

Date of Birth D/M/Y \_\_/\_\_/\_\_\_\_

Event # Name of Event Time

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Method of Payment: Mail in Cheque or credit card online/by phone.

\* If your MSABC registration number is not included you will not be registered for the meet.

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

Khosro Mansuri. khosro\_38@yahoo.com 604-983-6500

Mail to:

**Ron Andrews Community Recreation Centre**

**Attn: Michelle Jones**

**931 Lytton Street**

**North Vancouver, BC V7H 2M5**