



3rd Annual Endurance Time Trial Saturday, March 27, 2010

Location: Winskill Aquatic Centre
5575 - 9th Avenue,
Delta BC

Pool: 25m x 6 lane competition pool with
manual timing
2 x 13.5m tanks available for cool-down

Sanction Number: SBCM 1009

Rules: MSC rules in effect.

Age: as of December 31, 2010

Warm-up: 12:30 to 1:15 pm
MSC warm-up procedures will be in effect at this meet

Events: 1:30 to 6pm

Meet Manager: Deb Newman phone: 604.836.0797
Email: deb_aka_sal@yahoo.com

Seeding: All events are timed finals. Men and women will be seeded together in the same events based on entry time. Cardless meet

Awards: All swimmers will receive a certificate of participation. Award labels showing name, event, time and placing will be given to each swimmer

Eligibility: Swimmers currently registered with their provincial, state or national Masters swimming organization are eligible to compete. Must have proof of Masters affiliation.

Entry info: The entry fee is \$19 and must accompany registration. Entry deadline is March 22, 2010. Deck entries will only be available to fill empty lanes at Meet manager's discretion. Limit of 2 events per swimmer, plus one relay. Relays: deck entry only.

**Complete entry form, enclose cheque (payable to Winskill Otters Masters Swim Club) and mail to:
Endurance Time Trial c/o Deb Newman; 14007 - 16th Avenue; Surrey, BC; V4P 1P9**

EVENTS	M/F
1500 free*	1
400 free/IM	2
800 free*	3
4 x 200 free/medley relay	4

***SWIMMERS MAY BE DOUBLE-LANED FOR THESE EVENTS. Only front crawl may be swum in a doubled-laned event as per the Swim BC Technical Guide.**

ENTRY FORM

Swimmer Name _____

MSABC Number _____

Phone Number _____

Club _____

Birth date: Day ____ Month ____ Year ____

Club Code _____

Age as of Dec 31/2010 ____ Sex ____

Club Contact _____

Event #	Event name	Entry Time