

# North Shore Masters Sprint Meet

Saturday, October 22, 2011

Sanction # SBCM 1200

**Time:** Warm up: 2:00pm-3:00pm      **Attention:** Khosro Mansuri  
Events: 3:00pm-8:00pm      **Location:** Harry Jerome Recreation Centre  
123 East 23<sup>rd</sup> 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 than October 18<sup>th</sup>, 2011.**  
“The meet organizers reserve the right to cancel the meet if there is not sufficient registration by October 19<sup>th</sup>.”

**Age Groups:** Masters Swim age category

**Meet Rules:** **Current MSC Rules and warm up procedures will be in effect at this meet.**

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

**Pool Space:** 25m, 6 Lanes

## 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	<b>50m I.M. (50m I.M. swim as 12.5 Butterfly, 12.5 back, 12.5 Breast and 12.5 Free).</b>
6	25m Breast
7	100m Free
8	50m Back
9	100m I.M.
10	50m Fly
11	25m Free
12	100m Breast
13	100m Back
14	25m Fly
15	50m Free

- Free parking.
- Electronic and manual timing system may be used
- Event seeding is by time fast to slow.

