

# Fright-Fest

**Swim Meet**  
**October 30<sup>th</sup> 2011**

**omsc**  
OKANAGAN MASTERS SWIM CLUB



**Sanction: SBCM1201**



H2O Adventure and Fitness Centre  
4075 Gordon Drive, Kelowna, BC. V1W 5J2



### Location

H2O Adventure – Fitness Centre  
4075 Gordon Drive, Kelowna, BC. V1W 5J2

### Pool

25 metres, 8 lanes, Keifer lane ropes, Omega electronic timing,

### Time

Warm up: 9:00 am  
Start: 10:00 am  
Social: Details to follow

### Meet Manager

Laura Garrett: [gism@shaw.ca](mailto:gism@shaw.ca)  
Entries to Rhonda Renning-Talbot: [renningr@hotmail.com](mailto:renningr@hotmail.com)

### Eligibility

All swimmers must be registered with MSABC or FINA affiliated organizations. Age groups are based on the age of the swimmer as of December 31, 2011.

### Fees

\$30.00 flat fee. Fees must be paid prior to the start of the meet. Additional social tickets can be purchased for \$5.00. **No refunds.**

### Meet Rules

MSC rules and warm up procedures will be in effect at this meet. All events are timed finals. This will be a cardless meet. Two lanes in the non-competition tank will be continuously open for warm-up and cool-down.

### Entries

Deadline for registration is October 15, 2011. No limit on number of events entered. Entries must be emailed to Rhonda Renning-Talbot: [renningr@hotmail.com](mailto:renningr@hotmail.com). **All entries must be accompanied by the swimmer's Masters BC registration number or FINA registration number.**

### Relays

All relays will be exhibition only. Teams will be made up at registration. Bring along a 'Theme related' costume for the Mystery 200 Relay.

### Deck entries

Deck entries are at the discretion of the Meet Manager. A fee of \$7.00 per event must accompany a deck entry request.

### Awards

Each swimmer will receive a certificate with their time and placing for each event swum.



## Event List

1. 200m Mixed Free Relay  
Break
2. 400m Free/400m IM  
Break
3. 100m Fly
4. 50m Back
5. 100m Breast
6. 200m Free  
Break
7. 100m IM
8. 50m Breast
9. 100m Back
10. 50m Fly
11. 100m Free  
Break
12. 200m Fly, Back or Breast
13. 50m Free
14. 200m IM  
Break
15. 200m Costume 'Fright-Fest' Relay



## Entry Form

**Deadline October 15**

### Participant Details

First name:		Female:	<input type="checkbox"/>
Last name:		Male:	<input type="checkbox"/>
Age at Dec. 31, 2011:	yrs	Club contact:	
MSABC Number:		Club Code:	
Club Name:			
Swimmer's postal address:			
City:	Province:	Postal Code	
Telephone number:		Date of birth:	
E-mail address:			

### Remittance

Meet Entry Fee is \$ 30.00	1x entry:	\$ 30.00
Social – (Swimmers and guests) Indicate how many social tickets you would like to purchase at \$ 5.00	NUMBER	@ \$5.00
<b>Total Remittance:</b>		

Please indicate food allergies or food preferences, if any:	
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**Please complete events on next page.**

<b>Nr</b>	<b>Name of Event</b>	<b>Entry time</b>
1.	200m Mixed Free Relay	
	Break	
2.	400m Free/400m IM	
	Break	
3.	100m Fly	
4.	50m Back	
5.	100m Breast	
6.	200m Free	
	Break	
7.	100m IM	
8.	50m Breast	
9.	100m Back	
10.	50m Fly	
11.	100m Free	
	Break	
12.	200m Fly, Back or Breast	
13.	50m Free	
14.	200m IM	
	Break	
15.	200m 'Fright-Fest' Costume Relay	

Please send completed entry form (page 4 & 5) and remittance to:

Okanagan Masters Swim Club  
 C/O Rhonda Renning-Talbot: [Renningr@hotmail.com](mailto:Renningr@hotmail.com)  
 3989 Miller Rd.  
 Kelowna, BC V1W 4C7  
 or hand these to Conny Stamhuis on deck.