

# Victoria Masters Swim Club 28<sup>th</sup> Annual Swim Meet (Long Course)



**Saturday, March 15, 2008**

*Sanction SBCM0804*

**Saanich Commonwealth Place**

4636 Elk Lake Drive, Victoria BC

Phone: (250) 727-6300

**Warm Ups:** 10:30 AM **Meet:** 11:30 AM **Social:** Following Events  
(the social will commence during the 1500 Free)

**Facility:** 8 lanes, 50m, electronic timing, cardless,  
separate warm-up/cool-down pool

**Meet Manager:** Len Martel      **Phone:** (250) 812-1206  
**Email:** [len.martel@gmail.com](mailto:len.martel@gmail.com)

**Rules:** Current MSC rules; MSC warm-up procedures will be in effect.  
(See <http://www.mastersswimmingcanada.ca/MSCRules20060220.pdf>)

**Eligibility:** Swimmers registered with their provincial, national, or state  
Masters organization.

**Cost:** \$35.00

**Deadline:** Received by Wednesday, March 05, 2008

**Please confirm registration list online at <http://www.victoriamasters.ca>  
on March 10, 2008. Report any discrepancies to Meet Manager.**

**(NO DECK ENTRIES ACCEPTED except relays)**

**Heat Sheets:** Available on deck      **Certificates to each participant**

*[Celebrating 34 years of Fitness, Health, Fellowship, and Participation!](#)*

**Accommodation Suggestion:**

**Howard Johnson**, 4670 Elk Lake Drive (next door to pool)  
1-866-300-4656 [www.hojovictoria.com](http://www.hojovictoria.com)  
Mention Group Name: **Victoria Masters Swim Meet 2008**  
Group Code: **VM15**, please book well in advance

**Victoria Masters Swim Club**  
**28<sup>th</sup> Annual Swim Meet (Long Course)**

**Saturday, March 15, 2008**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Initial:** \_\_\_\_\_

**Birth Date:** (mm/dd/yyyy) \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**MSABC #:** \_\_\_\_\_ **Team:** \_\_\_\_\_ **Team Code:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Club Contact Name:** \_\_\_\_\_

**Club Contact Phone/Email:** \_\_\_\_\_

I am swimming as an unattached swimmer.

**PLEASE NOTE:**

- 4 individual events plus relay. *Relays must be deck entered 4 events prior to race.*
- Events marked \* may be seeded together.
- **POSITIVE CHECK-IN** required 30 minutes prior to start of meet for 200 Fly, 200 IM, 400 IM, and 400 Free.
- **POSITIVE CHECK-IN** required for the 1500 Free by 12:00 Noon
- Participants may enter the 400 Free OR 1500 Free, not both
- The 1500 Free will be restricted to only 3 heats and can be adjusted at the discretion of the meet manager. Entries will be entered in the order received.
- Depending on entries for the 1500 Free, it may be necessary to have 2 swimmers per lane.
- It is requested that those swimming the 1500 Free to try and provide a timer. Email [len.martel@gmail.com](mailto:len.martel@gmail.com) with Timer Name if possible.

**Event Listing**

	Event	Entry Time		Event	Entry Time
1	200 Free		12	*200 IM <i>or</i>	
2	100 Breast		13	*200 Fly	
3	50 Fly		14	100 Back	
4	Male 4x50 Free Relay	Deck entry	15	50 Breast	
5	Female 4x50 Free Relay	Deck entry	16	Male 4x50 Medley	Deck entry
6	* 200 Back <i>or</i>		17	Female 4x50 Medley	Deck entry
7	* 200 Breast		18	*400 I.M. <i>or</i>	
8	50 Free		19	*400 Free	
9	100 Fly		20	50 Back	
10	4x50 Mixed Medley	Deck entry	21	4x50 Mixed Free Relay	Deck entry
11	100 Free		22	1500 Free	

*Meet Entry Fee: \$35.00. Please make cheques payable to "Victoria Masters Swim Club"*

**Send Entries To:  
Len Martel, 651 Cornwall St, Victoria, V8V 4L2**