



Foothills Masters Swim Club
15th Annual SWIM MEET
Sanction No. 7271

Date: Saturday, January 17, 2009
Location: Foothills Pool
25M/Short Course
24th Avenue and University Drive N.W.

Session Time: **Warm-Up: 1:15 PM to 2:10 PM**
Start: 2:15 PM

Entries: Swimmers are limited to a **maximum** of four (4) Individual swims plus relays.

A Hy-tek file will be available for download from the Foothills Masters Swim Club website: www.fmsc.ca.

Entries must be submitted with the following information: Swimmers name, club, age, Swim Alberta registration number, event, event number and entry time.

Entry times are REQUIRED (NT's not permitted).
All swimmers MUST have a valid registration number.
Provide swimmer's names and ages for each entry relay.
Entries can be emailed to: Meets@fmsc.ca
Entries can also be mailed to FMSC at the address below.

Deck Entries: No Deck entries will be accepted

Entry Fees: Entry deadline is midnight Saturday January 10 2009.

Entry fees are \$25.00 per swimmer. No refunds will be given for scratches after the entry deadline. Please make cheque payable to **Foothills Masters Swim Club**.

Entry cheques may be mailed separately (from email) but must arrive by the deadline.

Late entry fee is \$35.00 for entries received after midnight Jan 10, 2009 and up until noon Friday Jan 16, 2009.

No entries will be accepted after noon Friday Jan 18 and no deck entries will be accepted.

Results: Results will be posted on the web and a copy of the results will be sent to anyone who provides an email address.

Scoring: There will be no team or individual scoring.

Awards: To first, second and third in each category.

Meet Rules: All SNC rules apply. The one start rule will apply.

Safety marshals will supervise the warmup. Only one swimmer at a time is allowed on the block in the lanes assigned for dive starts (dive or back start).

Deadline: Entries and fees are due midnight Saturday, January 10, 2009. Late entries will be accepted from Monday January 12 to noon Friday January 16, 2009 at a late entry fee of \$35.00. **No deck entries will be accepted.**

Send entries to: **Meet Manager**
Foothills Masters Swim Club
North Hill Postal Outlet
Box 65125
Calgary, Alberta T3A 2K1
Phone: 403-286-6825 (before 9 pm)
Email: meets @fmssc.ca

- Note that all events except the Men's and Women's Relay will be swum as mixed events seeded by time. Results will be broken out by age and gender.
- Swimmers are limited to four (4) events plus relays.

Mixed	Women	Event	Men
1		400 Choice *	
3		50 Back	
4		100 Breast	
5		50 Fly	
6		100 Back	
7		50 Free	
8		200 IM	
9		100 Fly	
	10	200 Medley Relay	11
12		200 Choice ***	
16		50 Breast	
17		100 I.M.	
18		100 Free	
	19	200 Free Relay	20
	21	200 Free Mixed Relay	

- *Please indicate stroke for choice events.
- *** 200 Choice is freestyle, back, breast or fly.
- There will be a 10 minute rest break after the 200 Medley Relay and time permitting after the 100 Free.
- Names are required by 3:30 for all relay events.
- **SOCIAL: Dinner at Ginger Beef on Crowchild Trail. Register at social@fmssc.ca.**