



Penguin Masters Cup 2009

Saturday November 28, 2009

Date / Times

Saturday November 28, 2009

Warm-Up: 12:30 PM

Start: 1:30 PM

Finish: 6:00 PM (or earlier)

Facility / Parking

University of Alberta

West Pool, Van Vliet Centre

North West corner of 87 Avenue and 114 Street
(attached to Butterdome)

6 Lane 25m competition pool

2x12m warm-up/down areas during meet

Parking is available for \$4.20 at the Education and Stadium covered parkades on the North West and East sides of the Van Vliet Centre.

Swim Meet Limits / Swimmer Eligibility

The meet is limited to 150 swimmers registered with Masters Swimming. Swimmers may swim with a team/club, or as unattached.

Events

| Event # | Event |
|---------|-----------------------|
| 1 | 400 Freestyle |
| 2 | 50 Butterfly |
| 3 | 25 Backstroke |
| 4 | 100 Individual Medley |
| 5 | 25 Freestyle |
| 6 | 50 Breaststroke |
| 7 | 4x50 Medley Relay |
| 8 | 50 Freestyle |
| 9 | 25 Breaststroke |
| 10 | 100 Freestyle |
| 11 | 25 Butterfly |
| 12 | 50 Backstroke |
| 13 | 4x50 Freestyle Relay |

Entry Limits

Swimmers will be allowed to swim a maximum of 5 individual events plus relays.

400 Freestyle

The meet management MAY limit the entries in the 400 Freestyle to a specific number of heats in order to meet the swim meet timelines.

Seeding / False Starts

- All events will be mixed timed finals and open seeded.
- The FINA 1 start rule will be in effect.

Entries

A Hy-Tek file is available for download from the Swimming Canada website (www.swimming.ca), and the Penguin Swimming website (www.penguinswimming.ca).

Entry times **ARE REQUIRED** for all individual events (NT's are not permitted). Please make your best educated guess if needed.

Entries AND entry fees **MUST** be received by:
Friday November 13, 2009.

Hy-Tek entries are to be submitted via the Swimming Canada website (www.swimming.ca). Entry Forms can be mailed or faxed to the following:

PENGUIN MASTERS SWIMMING

3112-105 Avenue, Edmonton, AB, T5W 0B4

Phone/Fax: (780) 435-7946

Entry Fees / Scratches

Please read the following entry fees carefully:

\$30.00 per swimmer

- Entry fees from a team/club which are paid with multiple cheques.
- Entries from team/club swimmers that are submitted with individual entry forms.

\$25.00 per swimmer

- Entries from ALL unattached swimmers.
- Entry fees from a team/club which are paid with one cheque, and submit a Hy-Tek entry file.

Late and/or Deck Entries will be received on a first come first serve basis to fill empty lanes only at the above entry fee plus and an additional **\$5.00** per swimmer.

Please make cheques payable to:

PENGUIN MASTERS SWIMMING

3112-105 Avenue, Edmonton, AB, T5W 0B4

No refunds will be given for scratches received after the entry deadline.

Results

Results will be emailed, posted on the Penguin Swimming website at www.penguinswimming.ca and posted on the Swimming Canada website at www.swimming.ca.

Contact

Colin Beattie, Director of Swimming

Phone: (780) 435-SWIM (7946)

Email: swim@penguinswimming.ca



Penguin Masters Cup 2009

Saturday November 28, 2009 – ENTRY FORM

| | |
|---------------------------------|--|
| Last Name: | |
| First Name: | |
| Birth Date (MM/DD/YYYY): | |
| Sex (M/F): | |
| Swimming Canada Registration #: | |
| Team: | |

| Event # | EVENT | ENTRY TIME (REQ'D) |
|---------|-----------------------|--------------------|
| 1 | 400 Freestyle | |
| 2 | 50 Butterfly | |
| 3 | 25 Backstroke | |
| 4 | 100 Individual Medley | |
| 5 | 25 Freestyle | |
| 6 | 50 Backstroke | |
| 7 | 4x50 Medley Relay | |
| 8 | 50 Freestyle | |
| 9 | 25 Breaststroke | |
| 10 | 100 Freestyle | |
| 11 | 25 Butterfly | |
| 12 | 50 Backstroke | |
| 13 | 4x50 Freestyle Relay | |

| | | |
|---|---------|--|
| Swimmers that swim with a team/club (submitting this form): | \$30.00 | |
| Unattached Swimmer: | \$25.00 | |
| Additional Late/Deck Entry Fee (after November 13, 2009): | \$5.00 | |
| TOTAL FEES (Payable to <u>Penguin Masters Swimming</u>): | | |