



OKOTOKS MASTERS SWIM CLUB
&
FOOTHILLS STINGRAYS SWIM CLUB



Present the

2nd Annual
Big Rock 350
Masters Swim Meet
Saturday 26th November, 2011

Designed to push swimmers out of their comfort zones, the Big Rock 350 format requires all entrants to swim as a minimum, one of each of the three distance events; one 50m sprint, one 100m race and one 200m race. Entrants choose their strokes. All events will be swam as mixed gender and seeded by time.

Accommodation:

Lake View Inn and Suites, 22 Southridge Drive, Okotoks, AB 2 bed \$129.00.

Okotoks Country Inn, 59 Riverside Gate, Okotoks.

When	Saturday, November, 26 th , 2011 Warm up at 1.00pm, Meet starts at 2.00pm, meet completed at approx 5.00pm
Where	Okotoks Recreation Centre (99 Okotoks Drive, Okotoks, Alberta)
Pool	6 lane - 25 meter competition pool 4 lane - 25 meter reserved for cool down in Swindel pool
Timing System	Colorado wireless stopwatch timing system with projector finish time display
Fees	\$30.00 per swimmer flat rate if received before deadline. All fees payable by cheque made out to: Foothills Stingrays Swim Club Box 356, Okotoks, AB T1S 1A6
Entries	Entry times are preferred for all events. NT entries will be seeded with slowest heats. It is preferred that entries from teams are done through HY-TEK . The file can be found on the Swim Canada website: www.swimming.ca Entry forms can be scanned and e-mailed to FSSCMeetMgr@gmail.com or mailed to the address above.
Deadlines	Event entries and fees to be received by Friday, November 11 th , 2011
Late/Deck Entries	Received on a first come-first served basis at \$10.00 per event, subject to lane availability
Results	Final results will be posted on the Swim Canada Website
Contact	Meet Manager: Therese Johnson e-mail FSSCMeetMgr@gmail.com or call 403-818-4182



Big Rock 350

Masters Swim Meet-2010

Box 356, Okotoks, AB TS2 1A6

www.foothillsstingrays.com & www.okotoksmasters.com

Entry Form

Last Name	
First Name	
Date of Birth (mm/dd/yy)	
Male/Female	
Swim Canada Swimmer ID #	
Team	
Team Code	

Event	Event Description	Entry Time
1	50 Fly	
2	50 Back	
3	50 Breast	
4	50 Free	
Break		
5	100 Fly	
6	100 Back	
7	100 Breast	
8	100 Free	
9	100 Individual Medley	
Break		
10	200 Fly	
11	200 Back	
12	200 Breast	
13	200 Free	
14	200 Individual Medley	
Break		
15	4X50 mixed Free Relay	
16	4X50 mixed Medley Relay	

Mail completed forms to:

Foothills Stingrays Swim Club
Box 356, Okotoks, ABTS2 1A6

e-mail scanned forms to :

FSSCMeetMgr@gmail.com