



Different Strokes Calgary Masters Swim Club
2011 Trick or Treat Masters Swim Meet
Saturday, October 29, 2011
SAIT Pool

Different Strokes Calgary Masters Swim Club would like to invite you to attend a Trick or Treat Masters Swim Meet to be held at the Southern Alberta Institute of Technology (SAIT) Aquatic Centre in Calgary on Saturday, October 29th, 2010.

Pool: A 6 lane, 25 m facility at the SAIT Main Campus, 1301 – 16 Ave NW, Calgary AB
403.284.7248 or www.sait.ca

Rules: All S/NC rules will apply.

Events: Warm-up starts at 1:10pm. Event #1 starts at 2:00pm and the meet will end by 6:00pm. All entries will be seeded according to submitted time and swum from slowest to fastest. Heats will be combined women and men although results will be separated.

No	Event
1*	4X25M Drag Relay
2	100M Individual Medley
3	200M Freestyle
4	50M Butterfly
5	4X50M Freestyle Relay
6	100M Backstroke
7	50M Breaststroke
8	100M Freestyle

No	Event
9	200M Choice
10	50M Backstroke
11	100M Breaststroke
12*	200M Duo Medley Relay
13	50M Freestyle
14	4X50M Medley Relay
15*	4X25M Trick or Treat Relay

* *Exhibition events*

Eligibility: All swimmers must be registered as a masters swimmer with Swim Alberta, or its equivalent provincial, state or national organization. All swimmers may be asked to show their Masters registration card upon request by officials in order to compete in the meet.

Entry Deadline: Monday, October 24, 2011

Entry Format: Entries are encouraged via HYTEK but paper forms will be accepted.

Entry Fee: \$25 per swimmer if entry & payment received before October 14, 2011
\$30 per swimmer if entry & payment received on or after October 14, 2011

Fees should be paid by cheque payable to Different Strokes Calgary.

Entry Limit: Swimmers may enter as many events as they choose.

Relay Entries: Relay entries are encouraged to be submitted by email prior to October 29th (info@differentstrokescalgary.org). The absolute cut-off for relay entries in person will be 1:15 on deck the day of the meet. Swimmers from different teams are welcome to form relay teams for any of the exhibition relays.

Attendance Limit: Registration will be limited to the first 100 swimmers

Special Event Notes:

Event #1 4X25M Drag Relay (Exhibition Event)

- Each team member will swim one length of the pool (25 metres).
- At the starter's signal, the first swimmer in each team will put on the first piece of the Halloween inspired attire, enter the pool feet first and swim 25 m using any stroke.
- Once reaching the end of the pool and touching the wall with two hands, the first swimmer removes the piece of clothing s/he wore and the second swimmer puts it on plus the second piece of clothing.
- The pattern continues until the final swimmer is wearing all four parts of the costume and swims his/her length of the pool.
- All pieces of attire must be worn on the appropriate body location for the duration of the swimmers leg of the relay.
- All entries into the pool must be feet first.
- Team members may help each other dress/undress. Swimmers may not start to put on their attire until after the starter's signal (for the first leg) or until the swimmer finishing their leg touches the wall with 2 hands (for subsequent legs).

Event #9 200M Choice

- Swimmers must declare in their entries which of the five options they will swim (free, back, breast, fly or IM)
- All strokes will be swum combined based on submitted entry times but results will be split according to stroke choice.

Event #12 200M Duo Medley Relay (Exhibition Event)

- This is a regular 200M IM except that it is swum in teams of 2 who can divide up the legs of the medley anyway they wish and swim them in any order they wish, for example, swimmer 1 swims 50 breast and swimmer 2 then swims 50 back, free and then fly.
- Swimmers may start from the water or the side of the pool.
- Only the "starting" swimmer should submit their name on the entry, not both.

Event #15 4X25M Trick or Treat Relay (Exhibition Event)

- Each team member will swim one length of the pool (25 metres) using any stroke or combination of strokes the swimmer chooses while carrying a trick or treat pail as a relay baton.
- Once the first swimmer reaches the end of their leg and touches the wall with one hand, the trick or treat pail is passed to the next swimmer who enters the water feet first and then swims their leg.
- The inside of the trick or treat pail must remain dry throughout the relay.
- All entries into the pool will be feet first.
- The trick or treat pail may not be thrown.
- Of the teams that finish the relay with the inside of their pail dry, the one with the fastest time will be declared the winner and have their pail filled with goodies.



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Swimmer Registration Form

Name: _____

Phone: _____ **E-mail:** _____

Gender: M or F (circle) **Birth date** (dd/mm/yy) ____/____/____

Club Name: _____

Masters Registration Number: _____

No	Event	Entry Time (short course metres)
2	100M Individual Medley	
3	200M Freestyle	
4	50M Butterfly	
6	100M Backstroke	
7	50M Breaststroke	
8	100M Freestyle	
9a	200M Freestyle	
9b	200M Butterfly	
9c	200M Breaststroke	
9d	200M Backstroke	
9e	200M Individual Medley	
10	50M Backstroke	
11	100M Breaststroke	
12	200M Duo Medley Relay	
13	50M Freestyle	

I, the undersigned, intending to be legally bound, hereby certify that I am aware of all the risks inherent in masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this masters meet or any activities incident thereto or against Swim Alberta, Different Strokes Calgary Masters Swim Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of participation in this masters swim meet.

Signature (required): _____ **Date:** _____

Enclose your cheque for \$25 if received before October 14 or \$30 if not, payable to Different Strokes Calgary and mail to:

Different Strokes Calgary
Swim Meet Entry
1, 1518 – 27 Ave SW
Calgary, AB T2T 1G4

Entries and payment must be received no later than Monday, October 24, 2011.