



Making Waves 11th Annual Sprint Meet

Saturday March 17th, 2012
Edmonton, Alberta

Pool

NAIT Swimming Pool
11762-106 Street
Edmonton, AB

6 Lane 25m competition pool (Short course)

Warm-up starts at 11:00 am.
Events start at 12:00 pm.
End by 5:00 pm.

Meet Rules: MSC Rules and Warm-up Procedures will govern the meet. <http://mymssc.ca/Rules/MSC-Rules-Swimming-v2011-02-02.pdf>

Events: All entries will be classified according to submitted time and swum from slowest to fastest. Heats will be combined women and men. Swimmers may enter as many events as they choose.



No	Event
1	*4x25 Wet T-shirt Relay
2	200 Freestyle
3	25 Butterfly
4	100 Backstroke
5	50 Breaststroke
6	100 Butterfly
7	25 Backstroke
8	50 Freestyle
9	100 Individual Medley
10	4x50 Medley Relay

*Exhibition events

No	Event
11	4x50 Freestyle Relay
12	200 Choice A=IM, B=Fly, C=Back, D=Breast, E=Free
13	25 Breaststroke
14	100 Freestyle
15	50 Butterfly
16	100 Breaststroke
17	25 Freestyle
18	50 Backstroke
19	*4x25 Kick Relay with Flippers

10-20 minute break

A Hy-Tek file is available for download from the Swimming Canada website at www.swimming.ca and from the www.makingwavesswimclub.ca/meets.html website.

Eligibility: The meet is limited to 150 Masters swimmers registered as a masters swimmer with Swim Alberta, or its equivalent provincial, state or national organization.

Entry Fees: Entry fees are \$25.00 per swimmer. Please make cheque payable to *Making Waves Swim Club*. Entry cheques may be mailed separately but must arrive by the deadline. Late entry fees and non-Hy-Tek entries are \$30.00 per swimmer. Hy-Tek entries are to be submitted via the Swimming Canada website at www.swimming.ca.

Making Waves Swim Club
8928-142 Street
Edmonton, AB T5R 0M5

Club E-mail: info@makingwavesswimclub.ca
Website: www.makingwavesswimclub.ca/meets.html
Meet Manager, Mike Stansberry (780-905-8180)



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Deadline for Entries: Entries and fees are due midnight Friday March 9, 2012. Late entries will be accepted until noon on March 14, 2012 at a late entry fee of \$30.00.

Deck Entries: Deck entries will be permitted where an empty lane exists at a cost of \$5 per swim.

Relay Entries: Relay entries are encouraged to be submitted by e-mail or via Hy-Tek prior to March 14, 2012 (info@makingwavesswimclub.ca). The absolute cut-off for relay entries in person will be 11:30am on deck on the day of the meet. Swimmers from different teams are welcome to form relay teams for any of the exhibition relays.

Results: Results will be posted in PDF and Hy-Tek format on the www.makingwavesswimclub.ca/meets.html website as well as www.mymisc.ca and www.swimming.ca websites. Results will be broken down by age group and sex.

Host Hotel: Coast Edmonton Plaza, 10155 105 Street, Edmonton, AB T5J 1E2
Tel: 780-423-4811 / Fax: 780-423-3204 / Reservations: 1-800-716-6199
http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton/overview
Rate: Ask for the "Swim Alberta" rate.

Event Sponsorship and Program Advertising: Individuals or groups interested in placing advertising in our program should contact Mike via e-mail at info@makingwavesswimclub.ca or at (780) 905-8180.

Event Notes:

Event #1 4x25m Wet T-shirt 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 a t-shirt and then enter the pool feet first and swim 25 metres using any stroke (or combination of strokes the swimmer chooses).
- Once reaching the end of the pool and touching the wall with two hands, the first swimmer removes the t-shirt s/he wore and the second swimmer puts it on. The pattern continues until the last swimmer finishes.
- All entries into the pool must be feet first.
- Swimmers may not start to put on their t-shirt until after the starter's signal (for the first leg) or until the swimmer finishing their leg touches the wall with 2 hands.

Event #19 4x25m Kick Relay with Flippers (Exhibition Event)

- Each team member will swim one length of the pool (25 metres) using any stroke of kick or combination of strokes the swimmer chooses while wearing a pair of flippers and a kick board as a relay baton.
- Once the first swimmer reaches the end of their leg and touches the wall with one hand, the flippers are passed to the next swimmer who then swims their leg of kick.
- All entries into the pool will be feet first.
- The flippers or kick board may not be thrown.



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Registration Form

Name: _____

Phone: (____) _____ E-mail: _____

Sex: *M* or *F* Age (on 12/31/2012): _____ Birth date (mm/dd/yy) ___/___/___

Club Name: _____ Masters Registration # _____

Individual Events – Entry times are required for all individual events. Please make your best educated guess if needed. To convert *yards* times to *meters* times, multiply by 1.149.

Event #	Event Name	Seed Time (short-course metres)
2	200 Freestyle	
3	25 Butterfly	
4	100 Backstroke	
5	50 Breaststroke	
6	100 Butterfly	
7	25 Backstroke	
8	50 Freestyle	
9	100 Individual Medley	
Break & Relays		
12A	200 Individual Medley	
12B	200 Butterfly	
12C	200 Backstroke	
12D	200 Breaststroke	
12E	200 Freestyle	
13	25 Breaststroke	
14	100 Freestyle	
15	50 Butterfly	
16	100 Breaststroke	
17	25 Freestyle	
18	50 Backstroke	

Please check the appropriate entry fee:

\$25.00 per swimmer

- Entries submitted with a Hy-Tek file through www.swimming.ca (or via e-mail).

\$30.00 per swimmer

- Entries received after March 9, 2012.
- Entries submitted with an entry form (not a Hy-Tek file).

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 wave 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, the Making Waves 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:** _____