



FOOTHILLS STINGRAYS SWIM CLUB &  
OKOTOKS MASTER SWIM CLUB



PRESENTS

# 2010 ALBERTA MASTERS PROVINCIALS

[www.foothillsstingrays.com](http://www.foothillsstingrays.com) & [www.okotoksmasters.com](http://www.okotoksmasters.com)

April 17-18, 2010

Sanction Number: Pending

**ENTRY DEADLINE:**      **Saturday, April 3<sup>rd</sup>, 2010**

**Location:**                      Okotoks Recreation Centre,  
99 Okotoks Drive, Okotoks (corner of Milligan Dr & Okotoks Dr)

**Facility:**                        25 meter, 6 lane pool, semi-electronic timing.  
Timed Finals, single ended meet.  
4 lane, 25 meter Warm up/Warm down pool available throughout the meet.

**Eligibility:**

- Registered Canada Masters swimmers must be registered with SNC and provide valid 9-digit SNC# with entry form.
- Out-of-country swimmers need proof of affiliation.

**Rules:**                            The meet will be governed under current SNC rules unless there is a discrepancy with MSC rules. MSC will supersede SNC rules.

**Meet Format:**                    This is a short course competition.

- All events will be timed finals.

Relays

- Relays are all timed finals with no limit on the number of teams.
- Relays will be swum at the end of the session.

All events will be senior seeded. Events will run slowest to fastest.

**Entry Fees:**                    \$60.00 flat fee for swimmers before entry deadline  
\$70.00 flat fee for swimmers after entry deadline

Please make cheques payable to **Foothills Stingrays Swim Club (FSSC)**  
Cheques should be submitted with entries prior to meet.

**Entry Deadline:**                Meet entries and fees are due to meet management by **April 3, 2010**. Please submit entries through the Swimming Canada website. Meet management will confirm receipt of entries.

**800/1500M Freestyle** – Positive check-in must be completed with the clerk of course prior to the start of warm up on the day of the race. These two events may be swum with two per lane (same gender doing front crawl) with the exception of the fastest heat. Heats will be ordered from fastest to slowest.

**Entries:**                            There is no limit to the number of individual swims plus relays.  
Entries should be sent in a Hy-Tek file via the Swim Canada website.

**Entry Times:**                    Entry times are **required** for all entries to facilitate timing of the meet by the meet manager. NT entries will not be accepted.

- Deck Entries:** Deck entries will be permitted under the following circumstances:
- **All deck entries will be \$12.00 to be paid at time of request.**
  - Will be permitted provided an extra heat is not created.
  - All Deck entries are exhibition swims and will not be scored.
- Scratches:** Scratches should be received by **6 PM, Saturday, April 10th, 2010** to avoid being charged the Meet Entry Fee. On the day of the meet, a scratch sheet completed with **the name of the swimmer and the event numbers** must be handed to the Clerk of Course no later than 30 minutes before the start of the meet.
- Hospitality:** Food and beverages will be available for all working officials and coaches. Complementary snacks will be available for competitors.
- Scoring & Awards:** Events are open. Individual events will be scored in the appropriate age groups. Points awarded are 1<sup>st</sup> to 6<sup>th</sup> place - 7,5,4,3,2,1. Medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> place with ribbons to 6<sup>th</sup> place in each individual event. Relays will be scored double and points awarded for 1<sup>st</sup> to 6<sup>th</sup> place by age group. Relay ribbons will be awarded to the top three teams for each gender in the session.
- Changes or Event Cancellation:** Meet Management reserves the right to alter, revise, limit enrollment, or otherwise modify the meet program to allow for maximum swims in the time allotted. Every effort will be made to ensure that all entry swims are completed. Teams will be advised of any changes as they occur.
- Information for Coaches:** There will be no formal coaches meeting. Information for coaches will be included in coaches' envelopes along with heat sheets, relay cards and scratch/deck entry forms. These envelopes can be picked up at the meet office shortly before the commencement of warm ups on Saturday, February 6<sup>th</sup>. Scratches should be entered on the forms supplied and delivered to the Clerk of Course at least 20 minutes before competition is scheduled to start each day. Deck entries and/or time trials entries should be submitted to the clerk of course with fees.
- Entry Deadline:** Completed entries and cheques (payable to Foothills Stingrays Swim Club - FSSC) are due by **Saturday, April 3rd, 2010**. A complete entry package will include:
- Hy-Tek entries.
  - Entry report from Hy-Tek
  - Entry fees (cheque or money order)

**NOTE:** E-mail of HYTEK entries will be accepted as initial acceptance in the meet, however, the hard copy and entry fees must be received to hold your place.

**Please send entries to:**

Iris Jackson  
(Cell) 403-862-8531  
(Fax) 403-931-0445  
(W) 403-265-5727 ext 223

**By Courier:** 14, 6320 – 11 Street SE, Calgary, AB T2H 2L7 (no signature required)  
**By Mail:** Box 356, Okotoks, AB T2S 1A6  
**By Email:** jackson.irms@gmail.com

We look forward to seeing you in April.

**For hotel accommodations, Dinner-Dance details and other event updates visit:**

[www.okotoksmasters.com](http://www.okotoksmasters.com)

**IMPORTANT: Please, no glass containers of any kind are allowed on deck!**

## 2010 Alberta Masters Provincials

Okotoks, Alberta  
Sanction Number: Pending

Saturday, April 17, 2010

Session 1

Warm up – 9:15 am – Start 10:00 am

Event
1500 Free
Women 4x50M Free Relay
Men 4x50M Free Relay

Session 2

Warm up – 12:00 pm – Start 1:00 pm

Event
100M Individual Medley
200M Breast
100M Butterfly
400M Free
<b>BREAK</b>
200M Individual Medley
100M Backstroke
50M Breast
100M Freestyle
4x50 Mixed Medley Relay
Fun Relay (Rules TBA)
<b>7:00 PM Dinner &amp; Dance with live music at Okotoks Rec Centre - Curling Rink Tickets \$25.00</b>

Sunday, April 18, 2010

Warm up – 10:00 am – Start 11:00 am

Event
800M Freestyle
4x50 Medley Relay (M&W)
200M Backstroke
50M Freestyle
400M Individual Medley
50M Butterfly
200M Freestyle
<b>BREAK – 1 HOUR MASTERS AGM</b>
50M Backstroke
100M Breaststroke
200M Butterfly
4x50M Mixed Free Relay