

2012 Vernon Masters Winter Carnival Swim Fest

January 29th, 2012
Sanction # SBCM 1107



Hosted by: THE VERNON KOKANEE SWIM CLUB



Facility: Vernon Recreation Center
3310 37 Ave, Vernon, BC V1T 2Y5
(250) 545-6035

Meet Manager: Sharon Slater s Slater@shaw.ca

Entry contact: Norlene Keller nkeller@vernon.ca

Registration/Entry procedure: Please fill out registration form available online:
www.greatervernonrecreation.ca **Master Swim Meet course code: #25673**
Credit cards, debit, cheque or cash.

Or in person at the Vernon Rec. Center.
Fax 250-550-3705

Entry Fee: 30.00 per swimmer
DECK ENTRIES NOT ACCEPTED

Meet Entry Standards: There are no qualifying standards to enter the meet.

Eligibility: Open to any Canadian or International registered Masters swimmer 18 years old as of Jan. 29, 2012.

Entry Limit: Registration is limited to **100 swimmers**. Each individual may enter 4 events plus relays. Meet management reserves the right to limit the number of heats and/or reschedule events.

Age groups: Individual events
18-24 40-44 60-64 80-84 25-29 45-49 65-69 85-89
30-34 50-54 70-74 90-94 35-39 55-59 75-79 95-99

Deadline for entries: January 15th, 2012

Refunds: No refund will be given out after the entry deadline.

Information: One 25 meter, 8 lane pool **Timing system:** Manual timing.

Rules: Rules of Masters Swimming Canada from the present edition will be applied. <http://mymsc.ca/Rules/MS-C-Rules-Swimming-v2011-02-02.pdf>

Swimmers: Para-swimmers, who are registered Masters swimmers or are registered with SNC are welcome to participate fully in the meet.

Seeding: All events will be run slowest to fastest. **Some events will be combined.**

Relays: Mixed relays must be composed of two (2) men and two (2) women from the same club or affiliation. Relay cards with name, age and gender to be handed to Clerk of Course after mid meet break.

Pool Temperature: 25°–28°C in the 25m competition pool.

Site Information: Parking on-site, at no charge.

Lockers: Coin-operated lockers are available in the change rooms. Lockers to be cleared at end of meet.

Concession: None

Meet Start Time: Warm up - 7:30 am **Start time-**8:40 am

SCHEDULE OF EVENTS

****Swimmers may swim ONE ONLY of the swims in combined events.**** Pls. specify which event on your registration form. (ie. 400 Free Or 400 IM)

EVENT	EVENT
1. 400 FR/400IM(combined)	BREAK
2. 100 Fly	9. 200 Mixed Free Relay
3. 50 Back	10. 50 Fly
4. 100 Breast	11. 100 Free
5. 200 Free	12. 200 Fly/Back or Breast (combined)
6. 100 IM	13. 50 Free
7. 50 Breast	14. 200 IM
8. 100 Back	15. 200 Mixed Medley(time permitting)

