



Hosted on behalf of  
the Masters Swimming Association  
of  
British Columbia



by



Okanagan Masters Website: [www.okmasters.com](http://www.okmasters.com)

Title Sponsor: Team Aquatics



Sanction # 1105



**MSABC Short Course Swimming Championships  
Kelowna, BC April 15 -17, 2011**



## Location

H<sub>2</sub>O Adventure & Fitness Centre  
4075 Gordon Drive, Kelowna, BC V1W 5J2  
Phone number 250 764 4040

## Pool

25 metres, 8 lanes, Keifer lane ropes, Omega electronic timing,

## Eligibility

All swimmers must be registered with MSABC or FINA affiliated organizations. Age groups are based on the age of the swimmer as of Dec. 31, 2011. All swimmers must have attained the age of 18 by April 15<sup>th</sup>, 2011.

## Meet Rules

SNC rules with FINA Masters exemptions and the Swim BC Tech Guide will be in effect. SNC warm up procedures will be in effect at this meet. This will be a cardless meet.

## Seeding

All events will be timed finals. Seeding will be by time, from slowest to fastest. Males and Females will be seeded together in the same events. The 800 and 1500 metre events may be swum two (2) per lane, same gender, and deck seeded fastest to slowest. All other events will be pre-seeded.

## Entries

- \$75.00 flat fee includes relays, a long-sleeved t-shirt and certificate of participation.
- \$15.00 Social
- Swimmers may enter a maximum of **7 individual events** plus relays **Important:** Please indicate which event would be your 7<sup>th</sup> event as it may be eliminated due to time constraints.
- Entry times must be included for seeding purposes. Entries with N/T will be rejected.
- Clubs need only to submit number of relay teams per event. Relay card submission deadlines will be announced throughout the meet.
- **Entry deadline is April 5, 2011.** All entry fees must be received by the deadline date. Cheques payable to "Okanagan Masters Swim Club"
- No deck entries will be accepted
- All entries must be accompanied by the swimmer's Masters BC registration number or FINA registration number.
- Please email the meet manager to request the Hytek Event List Laura Garrett – meet manager [meet-manager@okmasters.com](mailto:meet-manager@okmasters.com) 250 766 1102



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## Scratches

Club coaches are to supply team scratches to the Clerk of Course not later than one-half hour before the meet begins. Positive check-in for the 800 and 1500 metres free swimmers will be as follows:

- 1500 Metre Free: **Prior to 5:30 p.m. Friday**
- 800 Metre Free: **Prior to 3:00 p.m. Saturday**

Swimmers who do not check-in prior to these deadlines will not be permitted to swim in these events.

**Note: Warm up/cool down lanes always available in non-competition tank**

## Awards

Each swimmer will receive a certificate of participation with their times and placing for each event on the back of the certificate.

## Clothing

Long sleeved t-shirts are included as part of the entry fee. Other t-shirts and swim gear will be for sale at the venue.

## A.G.M.

The Annual General Meeting will be held 30 minutes after the final event on Saturday April 16, at the H<sub>2</sub>O Adventure & Fitness Centre on the second floor.

## Social

April 16, 2010 at 6.00 pm: Okanagan College, 1000 KLO Road (exact venue to be confirmed). Fully licensed.

## Tourism

Please visit our Tourism Kelowna website for exciting places to visit while you are in Kelowna at <http://www.tourismkelowna.com/>

## Accommodation

Please check the CSTT Sports Travel website below for great deals on hotels.  
[http://secure.cstt.com/Tournaments/HotelList\\_Results.php?eventid=4825](http://secure.cstt.com/Tournaments/HotelList_Results.php?eventid=4825)

Manteo Resort is also offering special rates for MSABC Provincials. Call their Reservations Department at 1-800-445-5255 or email [refresh@manteo.com](mailto:refresh@manteo.com) and advise you are with "MSABC Provincials". Contact Kris for details on block bookings at 1-800-4452-5255 local 7151 or email [sales@manteo.com](mailto:sales@manteo.com). [www.manteo.com](http://www.manteo.com)

→ Please see schedule of events on next page.



## Schedule of Events

### Friday, April 15

Warm-up: 5:00 p.m. – 6:15 p.m.  
Start time: 6:30 p.m.

1. 1500 Freestyle
2. 400 Medley relay mixed

### Saturday, April 16

Warm-up: 7:00 am – 7:45 am. Sprint lanes open 7:30  
Start time: 8:00 am

3. 200 Breaststroke
4. 50 Backstroke
5. 400 Freestyle
6. 50 Butterfly
7. 200 IM
8. 200 Freestyle relay – female
9. 200 Freestyle relay – male

### Lunch Break – 30 minutes

10. 100 Backstroke
11. 50 Breaststroke
12. 100 Butterfly
13. 200 Freestyle
14. 100 IM
15. 200 Medley Relay - mixed

### Sunday, April 17

Warm-up: 7:00 am – 7:45 am. Sprint lanes open 7:30  
Start time: 8:00 am

16. 800 Freestyle
17. 200 Backstroke
18. 400 IM
19. 100 Free
20. 200 Medley relay – females
21. 200 Medley relay – males
22. 200 Butterfly
23. 100 Breaststroke
24. 50 Freestyle
25. 200 Freestyle relay – mixed

→ Please see entry form on next page.



**MSABC 2011 PROVINCIAL CHAMPIONSHIPS ENTRY FORM**

**Deadline for entries: April 5, 2011**

**Participant Details:**

First name:		Female:	<input type="checkbox"/>
Last name:		Male:	<input type="checkbox"/>
Age at Dec. 31, 2011:	yrs	Club contact:	
MSABC Number:		Club Code:	
Club Name:			
Swimmer's postal address:			
City:	Prov:	PostCode:	
Telephone number:		Date of birth:	
E-mail address:			

**Remittance**

Meet Entry Fee is \$ 75.00	1x entry:	\$ 75.00
Social – (Swimmers and guests) Indicate how many social tickets you would like to purchase at \$15.00	NUMBER	@ \$15.00
<b>Total Remittance:</b>		

Please indicate food allergies or preferences, if any:	
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Please send completed entry form and remittance only in the event that Hytek is not available, to:

**OKANAGAN MASTERS SWIM CLUB  
C/O LAURA GARRETT  
1371 CAMP ROAD  
WINFIELD, BC, V4V 1J9**



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**Important: How to complete the form:**

1. Tick in COL 1 which events you'd like to compete in. Maximum is 7 events
2. Select an order of preference in COL 3 i.e. Mark "1" for first preference, "2" for second preference, "3" for third and so on, up to a maximum of "7" events
3. NB: For each event ticked, record your entry time in COL 2

**Events and times**

Events and times		COL 1	COL 2			COL 3
		Tick events selected up to 7 events <i>max.</i>	Insert entry time <i>NB: If no entry time inserted, event will be <u>disregarded</u></i>			Order of preference for ticked events  <i>Mark 1 to 7 (max)</i>
First Name and Last Name		TICK	ENTRY TIME			PREF.
EVENT	DISTANCE & STROKE		min	sec	.00s	
<b>Friday</b>						
1	1500 Freestyle	<input type="checkbox"/>				
2	400 Medley relay mixed	<input type="checkbox"/>				
<b>Saturday</b>						
3	200 Breaststroke	<input type="checkbox"/>				
4	50 Backstroke	<input type="checkbox"/>				
5	400 Freestyle	<input type="checkbox"/>				
6	50 Butterfly	<input type="checkbox"/>				
7	200 IM	<input type="checkbox"/>				
8	200 Freestyle relay – F	<input type="checkbox"/>				
9	200 Freestyle relay – M	<input type="checkbox"/>				
10	100 Backstroke	<input type="checkbox"/>				
11	50 Breaststroke	<input type="checkbox"/>				
12	100 Butterfly	<input type="checkbox"/>				
13	200 Freestyle	<input type="checkbox"/>				
14	100 IM	<input type="checkbox"/>				
15	200 Medley relay – M	<input type="checkbox"/>				
<b>Sunday</b>						
16	800 Freestyle	<input type="checkbox"/>				
17	200 Backstroke	<input type="checkbox"/>				
18	400 IM	<input type="checkbox"/>				
19	100 Free	<input type="checkbox"/>				
20	200 Medley relay – F	<input type="checkbox"/>				
21	200 Medley relay – M	<input type="checkbox"/>				
22	200 Butterfly	<input type="checkbox"/>				
23	100 Breaststroke	<input type="checkbox"/>				
24	50 Freestyle	<input type="checkbox"/>				
25	200 Freestyle relay – mixed	<input type="checkbox"/>				