

Nova Scotia Masters 2011 Provincial Championships Dartmouth Sportsplex, March 26, 2011

The Dartmouth Whalers Masters Swim Club is excited to be once again sponsoring the Nova Scotia Masters Provincial Championships. Here's what you need to know:

WHERE Dartmouth Sportsplex, 110 Wyse Road, Dartmouth

WHEN March 26, 2011

Meet kit pickup: 3:00 — 5:00 pm

Warm-ups: 4:00 – 5:30 pm

Meet start: 6:00 pm

Social: 7:00 pm in the Valardo Room

COST \$35.00 – includes all swims, race packet, t-shirt and supper.

CONTACT Meet manager: Bill Collins, 902.461.9606, bcollins@collinsmgmt.ca

REGISTRATION

Deadline for registration is Wednesday, March 23 at 6:00 pm.

*We would like all swimmers to pre-register by email or regular mail. Post-dated cheques will be accepted by mail. Prepaid registrations are guaranteed a shirt and a meet kit. Please make cheques payable to the **Dartmouth Whalers Masters Swim Club** (or DWMSC).*

Meet day registrations will be accepted between 2:30 and 3:00 p.m. on Saturday for EXHIBITION swims only, and only if there is an empty lane in a heat. **T-shirts and other meet goodies are not guaranteed.**

All events except 19/20 and 27 are seeded and swum by submitted times with separate male and female heats, and scored by age group. The 800 and 1500 will be swum as a combined event with male and female swimmers together but scored separately. There will be no more than two heats for this event. The mixed free relay is an exhibition event. Results will be posted and awards will be mailed to the 1st, 2nd and 3rd place finishers.

Please choose your events carefully. Events are close together, and on-deck scratches result in heats swum with empty lanes, prolonging the meet – and delaying your arrival at the social!

MEET DAY INFO

You can pick up your meet kit on Saturday, March 26, from 3-5 p.m. outside the Harbour Room in the upstairs lobby of the Sportsplex (same level as the back parking lot and one level above the pool).

The Dartmouth Sportsplex offers complete locker room services, a 25-metre-8-lane pool, a 20-metre cool down pool and ample spectator space. In addition to the pool, you will have the use of the hot tub, steam room and sauna.

The post-meet social will be in the Valardo Room — the upper level of the Dartmouth Sportsplex accessible only by elevator. Chili and desserts will be available, along with a cash bar. Directions will be posted in the building. Note that the room may change due to Sportsplex requirements: please check the location on the day of the meet.

Results will be posted at the meet, on deck and in the Valardo Room.

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ORDER OF EVENTS

WOMEN	EVENT	MEN
1	200 Choice	2
3	50 Breast	4
5	400 Free/IM	6
7	100 Back	8
9	200 Free	10
11	50 Fly	12
13	100 Breast	14
15	100 Fly	16
17	50 Free	18
19	1500/800 Free*	20
21	100 IM	22
23	50 Back	24
25	100 Free	26
27	200 Mixed Free Relay	

Events 19 & 20 will be swum together and will be limited to a maximum of 2 heats.
Swimmers will be required to swim two per lane in events 19 & 20.