



Nova Scotia Masters 2015 Provincial Championships Dalplex, May 9th, 2015

The Dalhousie Masters Swim Club is excited to host the Nova Scotia Masters Provincial Championships. Here's what you need to know:

Hosted By:	Dalhousie Masters Swim Club	Registration:	May 1 st , 2015 by midnight. Pre-registration is required by email or regular mail.
Sanctioned by:	Swim Nova Scotia		Post-dated cheques will be accepted by mail. Prepaid registrations are guaranteed a meet kit.
Meet Manager:	Don MacLeod dalmastersswimming@gmail.com		
Location:	Dalplex, 6220 South St. Halifax, NS (902) 494-3372	Warm-ups:	12:00 - 1:00pm with sprint lanes (1 & 8) in the final 15 minutes
Eligibility:	All Registered Masters Swimmers	Meet Start:	1:10pm
Meet Fees:	\$40 - Cheque payable to Dalhousie Masters Swim Club Includes: all swims, race packet, and social	Meet Rules:	SNC and MSC rules will govern the meet
Event Limit:	There will be a 5-event limit per swimmer (not including relays)	Scoring:	50-30-25-23-22-21-20-19
		Awards:	Medals for individual events will be presented. Banner for the top overall team will be presented at the social following the competition

MEET DAY INFO

You can pick up your meet kit on Saturday, May 9th, from 11 - 12:00 p.m. in the pool deck classroom of the Dalplex.

Parking - due to other events at the Dalplex on the day of the meet, parking may be limited.

The Dalplex offers complete locker room services, a 25-metre-8-lane pool, a 25-metre cool down pool and ample spectator space. In addition to the pool, you will have the use of the steam rooms (located in each changeroom).

The post-meet social will be held at the Dalhousie University Club. *Hors d'oeuvres* will be available, along with a cash bar. Directions will be posted in the building. Please check the location on the day of the meet.

Results will be posted at the meet, on deck.

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ORDER OF EVENTS

WOMEN	EVENT	MEN
1	200 Mixed Medley Relay	2
3	200 Fly *	4
5	200 Back*	6
7	200 Breast*	8
9	200 IM*	10
11	50 Fly	12
13	100 Breast	14
15	400 Free**	16
17	400 IM**	18
19	100 Back	20
21	200 Free	22
23	100 Fly	24
25	50 Free	26
27	50 Breast	28
29	800 Free***	30
31	1500 Free***	32
33	100 IM	34
35	50 Back	36
37	100 Free	38
39	200 Mixed Free Relay	40

Notes: Please choose either:

*200 Fly, 200 Back, 200 Breast, 200 IM / **400 IM, 400 Free / ***1500 Free, 800 Free

800 and 1500 Freestyle will be swum together. Swimmers may be required to swim two per lane.

The mixed medley and free relays are exhibition events.

Events may only be swum as listed.