



Nova Scotia Masters 2013 Provincial Championships Dartmouth Sportsplex, April 20, 2013

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

Hosted By:	Dartmouth Whalers Masters Swim Club	Registration:	Friday, April 12, 2013 by 6pm. Pre-registration is required by email or regular mail. Post-dated cheques will be accepted by mail. Prepaid registrations are guaranteed a meet kit.
Sanctioned by:	Swim Nova Scotia		
Meet Manager:	Marti Maguire meetregistrar@dwmsc.com		
Location:	Dartmouth Sportsplex, 110 Wyse Road Dartmouth, NS (902) 464-2600	Warm-ups:	4:15pm - 5:15pm with sprint lanes (1 & 8) in the final 15 minutes
Eligibility:	All Registered Masters Swimmers	Meet Start:	5:30pm
Meet Fees:	\$40 - Cheque payable to DWMSC Includes: all swims, race packet, meet towel, and supper	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, April 20, from 3-5 p.m. in the upstairs lobby of the Sportsplex (Located in past the "Spectators Entrance" off the main parking lot on the rear of the building) outside the Harbour Room.

Parking - due to other events at the Dartmouth Sportsplex on the day of the meet, parking may be limited. Additional parking is available across the street next to the office tower at 99 Wyse Rd.

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 Thistle Room. 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 Thistle Room.

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ORDER OF EVENTS

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

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 and will be limited to a maximum of 2 heats. Swimmers may be required to swim two per lane.

The mixed free relay is an exhibition event.