

Halifax Chronos Masters Long Course Meet

- Hosted By:** Halifax Chronos Masters Swim Club
- Sanctioned By:** Swim Nova Scotia
- Date/Time:** Saturday February 22nd, 2014
12:45pm Heat sheets available and onsite payments accepted (pre-registration only)
1:00pm Warm-Ups
2:00pm Meet Start
- Location:** Centennial Pool, 1970 Gottingen St. Halifax, NS B3J 3Y2
(6 lanes, long course)
- Head Referee:** Judy Taylor: jtaylor@eastlink.ca
- Meet Manager:** Bette El-Hawary: swimming@sportnovascotia.ca
- Entry Fees:** \$25/swimmer, cheques payable to Halifax Masters Swim Club.
- Registration:** Received electronically to Bette El-Hawary
swimming@sportnovascotia.ca- registration form attached separately.
You will receive email notification of your entries within 24hrs, if you do NOT please call (902) 497-2088.
Early registration required by Thursday February 20th, 2014.
- Format:**
All events will be swum as open and mixed, seeded by time.
Social to follow.

ORDER OF EVENTS

Warm Ups: 1:00pm-----Meet Start: 2:00pm
Approx Finish Time: 4:30pm

<u>Female</u>		<u>Male</u>
1	800 FSR	2
3	100 Back	4
5	50 Fly	6
7	200 IM	8
9	400 Free	10
11	100 Breast	12
13	50 Free	14
	- 10 min break -	
15	200 Medley Relay	16
17	800 Free*	18
19	200 Breast**	20
21	200 Fly**	22
23	200 Back**	24
25	100 Free	26
27	50 Breast	28
	- 10 min break -	
29	200 Mixed Free Relay	
30	1500 Free*	31
32	400 IM	33
34	50 Back	35
36	100 Fly	37
38	200 Free	39

Notes: please choose either:

*800 Free or 1500 Free /**200 Breast, 200 Fly or 200 Back

Relays conducted on the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279... (Forty year increments as high as necessary). Clubs should specify on their entry which age group their team is competing in.

All relays may be deck entered.

Please note if there are more than 6 entries in the 800m and 1500m Freestyle, we will swim 2 per lane.