

1st Annual Acadia Alumni Swim Meet

Co -Hosted by Acadia Masters & Acadia Student Club

Saturday, October 20 & Sunday, October 21
Warm Ups @ 1 PM Saturday & 12 Noon Sunday
Acadia University Pool, Main Street, Wolfville

Pool is 6 lanes, 25m short course with lots of spectator seating and free parking.

Entries by email, or snail mail preferred before October 19th at noon. Race day registrations 11 am to noon.

Entry fees \$40 per swimmer for both days; \$25 per swimmer for one day. Unlimited events. Entry fee includes relays. Events will be time seeded and swam slowest to fastest

Registration: Online with Atlantic Chip Timing:

<http://www.atlanticchip.ca/events/>

OR

Make cheques payable to **Acadia Student Swim Club** and mail with registration form to:

c/o Conor Vibert
Rhodes Hall 101
Acadia University
Wolfville, Nova Scotia
B4P 2R6

For Information Phone (902)582-1600

Email AcadiaMasters@ns.sympatico.ca

Eligibility: Only swimmers registered with Provincial or State Associations will be accepted. Swim Nova Scotia registration available on race day for \$20.00/year.

Scoring: University affiliations – past, present or future – score for university of choice (may be the one you went to, work at or swim masters with)

Rules Current MSO rules in effect.

Sanctioned by Swim Nova Scotia

Senior Official: Andrew Marsh

Meet Manager: Chris Stone

Social: Saturday evening following events @ 6 PM. Location TBA

ENTRY FORM

NAME (Print) _____ MALE / FEMALE _____

HOME PHONE _____

E-MAIL (print) _____

MSO# _____ AGE (as of Dec 31,2007) _____

CLUB NAME _____ D. O. B. (dd/mm/yy) ____/____/____

University Team _____

Will attend Social Saturday evening ? _____ Guests? _____

Event Selection

SATURDAY, OCTOBER 20TH Warm Up @ 1 PM

F	Event/Distance	M	Entry Time
1	Varsity Fun Relay	2	
3	200 Free	4	
5	100 IM	6	
7	50 Free	8	
9	50 Breast	10	
11	100 Back	12	
13	100 Fly	14	
15	200 (4x50) Medley Relay	16	
17	400 Free*	18	
19	400 IM*	20	
21	300 Individual"ized" IM (3 x 100 choice of strokes)	22	
23	100 Free	24	

SUNDAY, OCTOBER 21ST Warm Up @ 12 Noon

F	Event/ Distance	M	Entry Time
25	100 (4 x 25) Medley relay	26	
27	800 Free	28	
29	200 IM	30	
31	50 Fly	32	
33	100 Free	34	
35	200 (4 X 50) Free Relay	36	
37	200 Back *	38	
39	200 Breast*	40	
41	200 Fly*	42	
43	50 Back	44	
45	100 Breast	46	
7	50 Free	8	

Swimmers will be organized into varsity affiliate teams with a Coach/Captain for each team. Competitors will score points for their team and accumulate points toward the “varsity alumni” championship. Acadia reserves the right to claim any non affiliated points for themselves.

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a jump from any area of the deck or starting block. Swimmers shall enter the pool FEET FIRST in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. Meet Management shall ensure that barriers are placed on the starting blocks during the general warm-up.
3. All lanes shall be used for general warm-up with circle swimming only. One outside lane shall be designated for slow swimmers.
4. The use of hand paddles, swim fins will be prohibited.

SPECIFIC WARMUP:

1. This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
2. One outside lane and the adjacent lane or the two outside lanes may be designated as sprint lanes.
3. Diving shall be from the normal starting end of the pool. During this time only one way swimming is allowed in these lanes. Upon completing one length the swimmer shall leave the lane.