

# ROCKY MOUNTAIN MASTERS INVITATIONAL

- Date: March 7, 2009 (Saturday)
- Times: Warm-up 12:00 pm  
Meet 1:00 pm
- Location: S.A.I.T. Swimming Pool (Calgary)  
1301 - 16<sup>th</sup> Avenue NW (Campus Centre)
- Facility: 25 m Short Course  
6 Lanes
- Eligibility: Masters swimmers registered with Swim Alberta
- Meet Rules: All SNC rules apply, FINA one (1) start rule applies
- Entries: Swimmers are limited to a maximum of four (4) individual events plus relays.
- All entries must include:
1. Swimmers name and birth date
  2. Team or unattached (must be registered with Swim Alberta)
  3. Swim Alberta registration number
  4. Events, event numbers and entry times
- A Hy-tek file will be available, please email meet manager at [qccq@shaw.ca](mailto:qccq@shaw.ca).
- Entries can be emailed or mailed to the address below.
- (Meet management reserves the right to change the meet schedule based on number of entries and pool time)
- Deck Entries: Deck entries may be allowed based on available pool time and meet schedule
- Entry Fees & Deadline: **\$25.00** per swimmer (no refunds given after entry deadline)  
Deadline is **Saturday Feb. 21, 2009**.
- Late entries are accepted up until Saturday Feb. 28, 2009  
Late entry fees are \$35.00 per swimmer
- Entries and fees due at the same time, no entries will be accepted after Feb. 28, 2009.

All cheques payable to:  
**RMMSC**

All cheques are to be sent to:  
Meet Manager  
Rocky Mountain Masters Swim Club  
32 Covewood Green, NE  
Calgary, AB  
T3K 5G5  
Tel: (403) 542-3396  
Email: [qccq@shaw.ca](mailto:qccq@shaw.ca)

### Events:

Men	Event	Women
1	200 m Choice #1 (Fly, Back Breast or Free)**	2
5	50 m Fly	6
7	100 m Back	8
9	100 m IM	10
11	50 m Breast	12
13	100 m Free	14
15	200 m Free Relay***	16
BREAK 15 - 20 Minutes		
17	200 m Choice #2 (Fly, Back Breast or Free)**	18
21	50 m Back	22
23	100 m Fly	24
25	200 m IM	26
27	50 m Free	28
29	100 m Breast	30
31	200 m Medley Relay***	32
33	200 m Free Relay (mixed)***	33

\*All events will be swum in mixed gender format seeded by time.

\*\*Please indicate choice of strokes

\*\*\* Names are required by 2:00 pm for all relay entries