

OYO INVITATIONAL LONG COURSE SPRINTS

SUNDAY APRIL 15th, 2012

LOCATION	Nepean Sportsplex, Ottawa, Ontario
FACILITY	8 lane, 50 meter pool, electronic timing
ENTRIES	<p>Entry Deadline: Friday Feb 24, 2012</p> <p>Entries will be accepted on a first- come-first-in basis.</p> <p>Entries should be submitted by Hytek format in LC metres (SC conversion accepted). All entries must be submitted with a reasonably accurate time. ("No times "will not be accepted)</p> <p>All times accepted at the discretion of the Meet Manager (MM)</p> <p>All events will be time finals. All swimmers will be seeded together based on time.</p> <p>Entries limited to 3 events per session to a maximum of 6 for the meet.</p> <p>The meet manager reserves the right to limit entries in the 200 Free and 200IM.</p>
ENTRY FEES	\$8.50/individual event.
RULES	All SNC Safety Rules are in effect during the meet. Swimmers must be registered with SNC.
AWARDS	Individual ribbons 1 st to 8 th for age groups 10, 11, 12, 13, 14, 15/16, 17 and over
PRIVACY	Cameras and recording devices will not be allowed on deck or in the vicinity of the locker rooms at any time during the meet. MM reserves the right to remove any person from the meet not adhering to the meet rules.
FOOD/DRINK	Water is the only beverage allowed on the pool deck. Coaches/officials are asked to bring their own water bottle. There will be a limited number available.

OYO Invitational Long Course Sprints

Session 1: Warm up 7:00 – 7:55 AM Start 8:00 AM

Session 2: Warm up 11:30– 12:25 PM Start 12:30 PM

There will be 1 hour for lunch and warm ups between 11:30 – 12:30. Afternoon start time to be determined based on entries.

SESSION 1 MORNING

200 Free*

50 Back

100 Breast

50 Free

100 Fly

SESSION 2 AFTERNOON

200 IM*

50 Breast

100 Free

50 Fly

100 Back

*MM reserves the right to limit the number of 200 Free and 200IM entries.

DEADLINE: Permission forms and entry fees are due by
*****Friday February 24, Late permission forms may not be entered *****

Please make cheques payable to: "CPWD"
If paying by cash, exact fees only, no change will be given.

Entry fees are not refundable

Please give Permission Forms with Entry Fees to your coach.
Entries will not be accepted without the entry fee.

Permission Form.

I agree that _____ will swim the following events at the
OYO INVITATIONAL LONG COURSE SPRINTS 2012

Volunteer to Officiate

Meet management has requested assistance in the form of volunteers to help with the officiating at this meet. If you are able to help by timing (or some other activity), please indicate so by including your name. **Three volunteer points are earned per session**

Name _____ Position _____ Session(s) _____ Phone# _____

Session	Event #	Event	Fee
_____	_____	_____	_\$8.50_
_____	_____	_____	_\$8.50_
_____	_____	_____	_\$8.50_
_____	_____	_____	_\$8.50_
_____	_____	_____	_\$8.50_
_____	_____	_____	_\$8.50_

Total Fees _____

Signed _____