



Rocky Mountain Masters 2010

ENTRY FORM

Meet: **Rocky Mountain Masters Invitational**

Dates: March 6, 2010

Location: SAIT Swimming Pool
1301-16 Avenue, Calgary, AB

Times: Warm-Ups 11:45 AM

Swimmers: Masters

Team Uniform: Team T-Shirt, Cap (team hoodies and shorts optional)

Food: See *Fluids and Food During Training/Competition* on the team website under Athletes-Nutrition PRIOR to attending the meet.

Transportation: Option A: No Cost - Athletes must arrange for own transportation.
Option B: \$25 (approx) – Team Bus or Van depending on numbers

Entry Fees: \$25.00 per swimmer (4 individual events maximum + relays)

Entry Deadline: **Monday February 22, 2010**
*Note: Late entries will not be accepted

Swimmer: _____

Total Fees: _____

Saturday March 6, 2010 Warm-Up 11:45 AM		
1	200 Choice (no IM)	
2	50 Butterfly	
3	100 Backstroke	
4	100 Individual Medley	
5	50 Breaststroke	
6	100 Freestyle	
7	4x50 Freestyle Relay	
8	200 Choice (no IM)	

Saturday March 6, 2010 Warm-Up 11:45 AM		
9	50 Backstroke	
10	100 Butterfly	
11	200 Individual Medley	
12	50 Freestyle	
13	100 Breaststroke	
15	4x50 Medley Relay	
16	4x50 Mixed Free Relay	