

University of Alberta Swimming

2009 Green and Gold Senior



Invitational
January 16-17, 2010
sanction number: pending



Facility: University of Alberta Pool (6 lane, 25 metres)
P220 Van Vliet Centre, Edmonton, Alberta, Canada T6G 2H9

Meet manager: Kevin Kindrachuk (kindkmk@shaw.ca)

Referee: Dennis Robertson

Hytek Co-ordinator: Rob Matthews (entries@olympianswimclub.com)

Officials: Jeanine Au (au5@shaw.ca) 780-264-2584

U of A contact: Bill Humby (bill.humby@ualberta.ca) 780-492-9977

Meet Format

- This is a closed invitational (invited clubs only, limited to 120 swimmers)
- All events are timed finals
- All events are offered IF you consider lead-offs for relays
- We will put in warm-down breaks if time allows
- The "end zones" may be used to warm up and down if you behave!
- We don't want to limit the distance events, but I fear that we might have to. Please enter alternate events if you enter the 800 and 1500. I would like to decide this by talking to each coach about priorities as to who really needs to swim the event, rather than only picking the top heat or 2 by time.

Entries

- Swimmers are limited to 5 swims a day INCLUDING RELAYS
- Entries due January 6th with scratches accepted up until the start of warm-up for each session.
- Send Hy-Tek entries to bill.humby@ualberta.ca

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- Entry fees are \$6.75 per event and \$7.25 for relays payable to University of Alberta. Bring cheque with you please.

Standard for entry

- 15-16 "A" time for 400 free, 400 IM, 800 free, 1500 free
- Senior "B" time for all other events

Awards

- In lieu of ribbons or medals, all top 3 finishers (including relays) will receive dairy products (yogurt, chocolate milk, etc.) courtesy of **ALBERTA MILK**

Saturday January 17th, 12 noon warm-up, 12:45 start

	Women		Men
1	4 x 50 Medley Relay	2	
3	400 Free	4	
5	200 Breast	6	
7	50 Free	8	
9	1500 Free		
	800 Free	10	
11	100 Fly	12	
13	200 IM	14	
15	50 Breast	16	
17	4 x 200 Freestyle Relay	18	

Sunday January 18th, *7:00 a.m. warm-up, 7:45 start

(*we reserve the right to move the start time later as long as we can finish before Noon)

	Women		Men
19	4 x 100 Freestyle Relay	20	
21	400 IM	22	
23	200 Fly	24	

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25	100 Breast	26
27	200 Back	28
29	50 Fly	30
31	800 Free	
	1500 Free	32
33	400 Medley Relay	34



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