



Meet Permission Form

NAME OF SWIMMER: _____

MEET: 2010 Speedo Eastern Canadian Championships

DATE: February 18 - 21, 2010

Location: Nepean Sportsplex
1701 Woodroffe Avenue
Ottawa, Ontario K2G 1W2

Facility: 2 x 8 lane, 25 metre pool

Events: The coaches will determine what **three events** the swimmers will be entered in.

Transportation: This meet is considered a local meet. It is the responsibility of the parents to arrange transportation.

My child **will** or **will not** be attending the above-noted meet.

I hereby consent to my child being entered and will therefore pay all fees associated with this competition as per the Perth Stingray meet/trip policy. **(Please include a cheque to cover the costs of entry fees and competition fee with the return of the ballot. Please note that these costs are estimates only and the parents will be responsible for any difference between the estimate and the final bill.)**

By agreeing to participate in this meet, swimmers and parents are acknowledging that the swimmer is subject to and will abide by the conditions of the Perth Stingrays Code of Conduct. Action will be taken according to the severity of the infraction and penalties may include the immediate return home with additional costs billed to the family, suspension from training and/or competitions, or outright dismissal from the club.

Signature of Parent/Guardian

Swimmer's Age February 18, 2010

ENTRY FEES: \$ 64 meet entry fee
\$ 40 competition fee
\$ 104 total

Permission Form Deadline: February 6, 2010
(DON'T FORGET TO ATTACH YOUR CHEQUE)



Meet Program



Thursday, February 18, 2010

Warm-up: 1200 - 1315 PM Start: 1330				
	Female		Male	
	1	W 1500 free (TF)	2	
	3	M 800 free (TF)	4	
	5	50 fly prelim	6	
	7	50 breast prelim	8	
	9	50 back prelim	10	
		4 x 200 FR (TF)		

Friday, February 19, 2010

Preliminary Session Warm-up: 0730 - 0850 Start: 0900			Final Session Warm-up: 1630 - 1750 Start: 1800		
Female		Male	Female		Male
11	400 free	12	11	400 free	12
13	100 back	14	3	50 fly	4
15	50 free	16	13	100 back	14
17	400 IM	18	15	50 free	16
19	4x100 FR (SH)	20	17	400 IM	18
			19	4 x 100 FR (FH)	20

Saturday, February 20, 2010

Preliminary Session Warm-up: 0730 - 0850 Start: 0900			Final Session Warm-up: 1630 - 1750 Start: 1800		
Female		Male	Female		Male
21	200 fly	22	21	200 fly	22
23	200 breast	24	23	200 breast	24
25	100 free	26	25	100 free	26
27	200 back	28	27	200 back	28
29	4x100m MR	30	5	50 breast	6
			29	4x100m MR	30

Sunday, February 21, 2010

Preliminary Session Warm-up: 0730 - 0850 Start: 0900			Final Session Warm-up: 1630 - 1750 Start: 1800		
Female		Male	Female		Male
31	200 free	32	31	200 free	32
33	100 breast	34	33	100 breast	34
35	200 IM	36	35	200 IM	36
37	100 fly	38	7	50 back	8
39	F 800 Free (SH)	40	37	100 fly	38
	M 1500 Free (SH)		39	F 800 free (FH)	
				M 1500 free (FH)	40

TF = time final SH = slow heat FH = fast heat