



2010 Alberta Senior Prov Champs Short Course Host: Alberta Marlins Aquatic Club

Date: Friday, January 29 – Sunday, January 31, 2010

Pool: Family Leisure Centre
2000 Division Avenue N
Medicine Hat, AB

Friday	Session 1 - Prelims	Warm-up	8:00 am	Start	9:00 am
	– Finals	Warm-up	4:30 pm	Start	5:30 pm
Saturday	Session 2 - Prelims	Warm-up	8:00 am	Start	9:00 am
	– Finals	Warm-up	4:30 pm	Start	5:30 pm
Sunday	Session 3 - Prelims	Warm-up	8:00 am	Start	9:00 am
	– Finals	Warm-up	4:30 pm	Start	5:30 pm

Please be on deck 15 minutes **BEFORE** warm up starts

Meet fees: \$8.00 per event - 6 events (may swim up to 8 events if qualified with “A” times)

Meet Cancellation deadline: Monday, January 11, 2010

Meet cancellations must be made with Coach Todd at 403-995-3932 or todd@foothillsstingrays.com and to treasurer@foothillsstingrays.com.

ELIGIBLE SWIMMERS WHO DO NOT WITHDRAW BY THE DEADLINE WILL BE ENTERED IN THE MEET AND WILL BE RESPONSIBLE FOR COSTS OF ATTENDING, WHICH MAY INCLUDE MEET FEES, TRAVEL COSTS, ETC.

Officials: Please contact Carey Simpson at officials@foothillsstingrays.com to assist with officiating at this meet.

Session 1

100 Back
200 Fly
100 Free
400 IM
50 Breast
800 Free

Finals

Girls 800 Free (Top 8)
Session 1 Prelim Events
4x200 Free Relay

Session 2

200 IM
150 IM
50 Free
200 Back
50 Fly
100 Breast
400 Free

Finals

Session 2 Prelim Events
4x100 Free Relay

Session 3

100 Fly
200 Free
50 Back
200 Breast
100 IM
1500 Free

Finals

Boys 1500 Free (Top 8)
Session 3 Prelim Events
4x100 Medley Relay