



2010 Alberta Age Group Trials Short Course Host: Silver Tide Swim Club

Date: Friday, February 26 – Sunday, February 28, 2010

Pool: Millenium Place
2000 Premier Way
Sherwood Park, AB

Friday	Session 1 - Prelims	Warm-up	1:00 pm	Start	2:00 pm
Saturday	Session 2 - Prelims	Warm-up	7:00 am	Start	8:00 am
	– Finals	Warm-up	5:00 pm	Start	6:00 pm
Sunday	Session 3 - Prelims	Warm-up	7:00 am	Start	8:00 am
	– Finals	Warm-up	5:00 pm	Start	6:00 pm

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

Meet fees: \$8.00 per event - 7 events

Meet Cancellation deadline: Monday, February 8, 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

200 IM (Prelims)
10&U 400 Free (TF)
11-14 400 Free (Prelims)
4x50 Free Relay (TF)

Session 2

100 Breast
50 Back
200 Fly
100 Free
200 Back
50 Fly
800 Free (TF)
Finals
200 IM
400 Free
Session 2 Prelim Events

Session 3

200 Free
50 Breast
100 Fly
400 IM
50 Free
200 Breast
100 Back
100 IM
1500 Free (TF)
Finals
Session 3 Prelim Events
4x50 Medley Relay (TF)