



2010 Canadian Masters Long Course Swimming Championships

Hosted by ... Nanaimo Ebbtides Masters Swim Club

May 21 – May 24, 2010, Nanaimo, BC

INDIVIDUAL ENTRY FORM PLEASE PRINT CLEARLY

First Name: _____ Last Name: _____
 Gender: _____ D.O.B. (mm/dd/yyyy): ____/____/____ Age (on Dec 31/10): _____
 Phone: (Home/Primary) _____ (Work/Secondary) _____ (Cell/Other) _____
 Swimmer's email: _____
 Address: _____ City: _____
 Province: _____ Postal Code: _____ Country: _____
 Club Name / Code: _____
 Name of Club / Team Contact: _____ Prov. USMS Fina Reg #: _____
 T-Shirt (free) Size ___ S ___ M ___ L ___ XL ___ XXL

Event	Women	Entry Time mm:ss.hundredths	Men	Entry Time mm:ss.hundredths
Friday, May 21, 2:00 pm				
1500 Free	1	____:____.____	2	____:____.____
200 IM	3	____:____.____	4	____:____.____
4x50 Mixed Free Relay	5	<input type="checkbox"/> I am available for this relay		
Saturday, May 22, 9:00 am				
Opening Ceremonies				
200 Breast	7	____:____.____	8	____:____.____
50 Free	9	____:____.____	10	____:____.____
100 Back	11	____:____.____	12	____:____.____
50 Fly	13	____:____.____	14	____:____.____
Saturday Afternoon				
400 Free	15	____:____.____	16	____:____.____
4x100 Mixed Medley Relay	17	<input type="checkbox"/> I am available for this relay		
Sunday, May 23, 9:00 am				
100 Fly	19	____:____.____	20	____:____.____
200 Back	21	____:____.____	22	____:____.____
4x50 M/W Medley Relay	23	<input type="checkbox"/> I am available for this relay		
Sunday Afternoon				
200 Free	25	____:____.____	26	____:____.____
50 Breast	27	____:____.____	28	____:____.____
400 IM	29	____:____.____	30	____:____.____
4 x 100 M/W Free Relay	31	<input type="checkbox"/> I am available for this relay		

Entries limited to the first 600 swimmers. Swimmers may enter up to seven (7) individual events. Events marked NT(No Time) will not be accepted. Estimate time if necessary.

PAPER ENTRY DEADLINE:
 March 31, 2010
 (with signed waiver and cheque)




Mail cheque (payable to: 'Nanaimo Ebbtides') and forms to:







Joan Irwin
 6362 Icarus Drive
 Nanaimo, BC
 Canada V9V 1N4

Event	Women	Entry Time mm:ss.hundredths	Men	Entry Time mm:ss.hundredths
Monday, May 24, 2010				
800 Free	33	____:____.____	34	____:____.____
4 x 50 M/W Free Relay	35	<input type="checkbox"/> I am available for this relay		
200 Fly	37	____:____.____	38	____:____.____
100 Free	39	____:____.____	40	____:____.____
50 Back	41	____:____.____	42	____:____.____
100 Breast	43	____:____.____	44	____:____.____
Closing Ceremonies				
4 x 50 Mixed Medley Relay	45	<input type="checkbox"/> I am available for this relay		



FEES

Item	#	Cost per Item	Amount
Meet Fee	1	\$ 65.00	\$ 65.00
Plus \$6.00 each Event		\$ 6.00	
Friday Wine & Cheese		\$10.00	
TAS Awards Dinner & Dance		\$25.00	
 <p>Ladies' V-neck, tailored wicking black tee (from Coal Harbour with silkscreened CMSC 2010 logo) Size: ___ XS ___ S ___ M ___ L</p>		\$30.00	
 <p>Ladies' V-neck, tailored wicking black tee (from Coal Harbour with silkscreened CMSC 2010 logo) Size: ___ XL ___ 2XL</p>		\$32.00	
 <p>Mens' wicking black crewneck tee from Coal Harbour (with silkscreened CMSC 2010 logo) Size: ___ XS ___ S ___ M ___ L ___ XL</p>		\$30.00	

Item	#	Cost per Item	Amount
 <p>Mens' wicking black crewneck tee from Coal Harbour (with silkscreened CMSC 2010 logo) Size: ___ XXL ___ 3XL ___ 4XL</p>		\$32.00	
 <p>Unisex zippered black hoodie. 50/50 cotton-poly (Gildan brand. double-lined hood. set in sleeves, pouch pockets. CMSC 2010 logo) Size: ___ XS ___ S ___ M ___ L ___ XL</p>		\$40.00	
 <p>Unisex zippered black hoodie. 50/50 cotton-poly (Gildan brand. double-lined hood. set in sleeves, pouch pockets. CMSC 2010 logo) Size: ___ 2XL</p>		\$45.00	
 <p>Oxford nylon cinch pack (with PVC accented bottom grommets, drawstring and silkscreened CMSC 2010 logo)</p>		\$15.00	
 <p>Stainless Steel bottle (Innate Fresco V2 wide mouth water bottle with CMSC 2010 logo)</p>		\$15.00	
 <p>Max-mesh black running cap with embroidered CMSC 2010 logo)</p>		\$15.00	
TOTAL PAYABLE			

Waiver: I, the undersigned, intending to be legally bound, hereby certify that I have not been restricted by a doctor for a medical condition and that I am aware of all the risks inherent in Masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this Masters meet or any activities incident thereto or against Masters Swimming Canada/Maitres Nageurs Canada, Nanaimo Ebttides Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of my participation in this Masters swim meet.

Signature: _____ Date: _____