

11th Annual BMO NESBITT BURNS LONG COURSE INVITATIONAL - Sunday, February 5, 2006

Individual Entry Grids

Events ☞	See schedule of relays below		1/2	3/4	5/6	7/8	9/10	11/12	13/14	19/20	21/22	23/24
			100 Free	100 Breast	200 Open + Stroke	100 Back	100 Fly	50 Free	50 Breast	50 Back	50 Fly	400 Open + Stroke
Swimmer's Name	Gender/DOB As of Dec 31/06	MSO#										

Return ☞ Mail/Courier ☞ Anneke Salmon, 1101 Viscount Rd, London, ON, N6 K 1H9, Canada
 or ☞ e-mail ☞ asalmon5@uwo.ca

Deadline for entries is Sunday Jan 22, 2006 – mail cheque to Anneke Salmon, 1101 Viscount Rd, London ON N6 K 1H9

Club Name: _____ Coach: _____ Contact Person: _____ Phone: _____
 E-Mail Address for Results: _____ Postal Code : _____ Total \$C : _____

Event 15 – 200 Open Relay - last event of morning session - **No swimmer can swim more than one relay in this event**
 Event 17 – 400 Open Relay – after 30 minute break – **No swimmer can swim more than one relay in this event**

RELAY EVENTS –

Please indicate the number of teams for each relay. Relay cards will be completed on the day of the meet.

No swimmer can swim more than one relay in this event.

Event 15 – 200 Open Relay # of relay teams : _____ (optional to complete names at this time)

‘A ‘ Mixed Relay : **Free or Medley**

‘B’ All Male Relay : **Free or Medley**

‘C’ All Female Relay : **Free or Medley**

1. _____

1. _____

1. _____

2. _____

2. _____

2. _____

3. _____

3. _____

3. _____

4. _____

4. _____

4. _____

Event 17 – 400 Open Relay - No swimmer can swim more than one relay in this event.

of relay teams : _____ (optional to complete names at this time)

‘A ‘ Mixed Relay : **Free or Medley**

‘B’ All Male Relay : **Free or Medley**

‘C’ All Female Relay : **Free or Medley**

1. _____

1. _____

1. _____

2. _____

2. _____

2. _____

3. _____

3. _____

3. _____

4. _____

4. _____

4. _____