

INDIVIDUAL EVENTS ENTRY

11TH BMO NESBITT BURNS LONG COURSE INVITATIONAL MEET FEBRUARY 5, 2006

NAME: _____ GENDER: _____

DOB: _____ AGE (as of Dec 31, 2006) _____

CLUB: _____ MSO #: _____

E-mail address: _____

Entry deadline is January 22, 2006

WOMEN	EVENT	MEN	ENTRY TIME AND STROKE
1	100 FREE	2	
3	100 BREAST	4	
5	200 OPEN	6	Stroke:
7	100 BACK	8	
9	100 FLY	10	
11	50 FREE	12	
13	50 BREAST	14	
15	200 OPEN MEDLEY RELAY	15	For relay, use Relay grid
	End of session 1 30 min break Start of session 2		
17	400 OPEN RELAY		For relay use Relay grid
19	50 BACK	20	
21	50 FLY	22	
23	400 OPEN	24	Stroke:

If any questions: asalmon5@uwo.ca

Mail entry form with cheque payable to London Silver Dolphins to:
Anneke Salmon, 1101 Viscount Rd, London, ON N6K 1H9 CANADA