

14TH BMO NESBITT BURNS LONG COURSE INVITATIONAL MEET
Sunday FEBRUARY 22, 2009

INDIVIDUAL EVENTS ENTRY (Entry deadline: Friday February 13, 2009)

NAME: _____ GENDER: _____

DOB: ____MM____DD ____YY____ CLUB: _____

AGE (as of Dec 31, 2009) _____ MSO #: _____

E-mail address: _____

Mailing Address: _____ City _____

Postal Code _____ Phone Number _____

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 RELAY	15	For relay, use Relay grid
30 min break between Session 1 & 2			
17	400 OPEN RELAY		For relay use Relay grid
19	50 BACK	20	
21	50 FLY	22	
23	400 OPEN	24	Stroke:

Event 15 (200 Open Relay) - **No swimmer can swim more than one relay in this event**
 Event 17 (400 Open Relay)– **No swimmer can swim more than one relay in this event**

Mail entry form with **cheque payable** to London Silver Dolphins to:

Anneke Salmon
 1101 Viscount Rd
 London, ON, N6K 1H9, CANADA

Email questions to: annekesalmon@hotmail.com

Deadline for entries is Friday February 13, 2009