

MILTON MASTERS AQUATIC CLUB



**7th ANNUAL
SPRING SPLASH**

SUNDAY MARCH 7, 2004

MILTON MASTERS AQUATIC CLUB

7th Annual

SPRING SPLASH

DATE: Sunday March 7, 2004
PLACE: Milton Leisure Centre
1700 Main St E
Milton

DEADLINE: Friday February 27, 2004
MEET MANAGER: John Mayes
Tel # 905-878-1473
e-mail jaymayes@look.ca

We are pleased to invite you to our 7th Annual "Gender Neutral" swim meet.
All swims will be seeded by times only (men & women swim together according to entry times).

Warm-Up: 7.30 a.m.
Start: 8.30 a.m.

ORDER OF EVENTS

- 1 400m Free only *
- 2 200m Medley Relay (Women's)
- 3 200m Medley Relay (Men's)
- 4 100m Free
- 5 200m I.M
- 6 50m Back
- 7 100m Breast
- 8 50m Fly
- 9 200m Free (**NO** Fly, Back, Breast or I.M's)
- 10 100m Back
- 11 50m Breast
- 12 100m Fly
- 13 100m I.M
- 14 200m Open (Fly, Back or Breast)
- 15 50m Free
- 16 200m Free Relay (Women's)
- 17 200m Free Relay (Men's)
- 18 400m I.M **

* - may be swum two per lane, limited to a maximum of four (4) heats

** - to a maximum of four (4) heats, (time permitting)

FEE: \$25.00: includes both individual & relay events
MAXIMUM OF SIX (6) EVENTS PER PERSON
Deck entries may be accepted, at a cost of \$30.00, until 7.30 a.m.
on the day of the meet, at the discretion of the meet manager.

FACILITIES: 25 metre, 6 lane pool, Sauna & whirlpool available

AWARDS: Ribbons for first, second & third place in each age group.

SOCIAL: Refreshments will be served after the meet in the gym.

ENTRIES: Please submit entries on attached grid sheet by Friday February 27, 2004.

SANCTIONED BY MASTERS SWIMMING ONTARIO