

East Coast Short Course Meet

Thursday March 1st – Sunday March 4th, 2012

CARI Aquatic Center UPEI. 550 University Ave, Charlottetown, PE C1A 4P3

Entry Fee is \$65.00

**Please have entry fee and permission slip in club mail box by Deadline
Wednesday February 22nd and made out to SJFSC (Saint John Fundy Swim Club)**

Age categories for individual events and Relays: 12 and under, 13-14, 15 & over

Swimmers may qualify for East Coast Championships using either short OR long course times.
14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) except for 800 & 1500 free
15& Over – require one qualifying time to compete, then get up to 5 bonus swims excluding the 800/1500 free

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast Championships. If attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

These are AM heats and PM Finals

	(2:00pm-3:00p.m. warm-ups) Thursday	Friday	Saturday	Sunday
Morning (Heats)	1500 Free W 800 Free M	50 Free 100 Back	200 Fly 50 Back	100 Fly 200 Back
7:30-9:00 a.m. Split Warm-ups	<i>*timed finals, alternating</i> 4 X 100 Medley Relay	200 Breast 50 Fly 400 Free	200 Free 100 Breast 400 IM	50 Breast 100 Free 200 IM 800 Free W 1500 Free M <i>*timed finals, alternating</i>
Evening (Finals)		50 Free 100 Back 200 Breast	200 Fly 50 Back 200 Free	**1500 Free (M) 100 Fly 200 Back
4:00-5:00 p.m. Warm-up		50 Fly 400 Free 4 x 50 Medley Relay	100 Breast 400 IM 4x 50 Free Relay	50 Breast 100 Free 200 IM **800 Free (W) <i>**fastest heat only</i>

**Also NOTE Merchandise orders must be submitted to TIDE
Immediately as revised notice identifies Feb 10 as order date**

**Parents Please note: Due to new Swim NB regulations,
If TIDE submits more than 5 swimmers we need to supply 1
Official for the meet!**