

9th. “Heights” Isle of Wight Masters Open Meet February 16th./17th. 2007

PROGRAMME OF EVENTS

Session 1. Friday 2.30 pm.

1/2 Mixed 800m. Freestyle

Session 2. Friday 7.00pm.

3/4 Ladies/Mens 200m. Freestyle

5/6 Ladies/Mens 100m. Individual Medley

Session 3. Saturday 9.30am.

7/8 Ladies/ Mens 100m Breaststroke

9/10 Ladies/Mens 50m Backstroke

11/14 Mixed Freestyle relays 4 x 50m.

15/16 Ladies/Mens 50m Butterfly

17/18 Ladies/Mens 100m Freestyle

19/22 Mixed Medley Relays 4 x 50m.

Sesson 4. Saturday 2.00pm.

23/24 Ladies/Mens 400m.Freestyle

Session 5. Saturday 5.00pm.

25/26 Ladies/Mens 100m Butterfly

27/28 Ladies/Mens 50m Breaststroke

29/30 Ladies/Mens 100m Backstroke

31/32 Ladies/Mens 50m. Freestyle

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INFORMATION FOR COMPETITORS

1. A competitor must be a member of the club they represent and may only swim for one club during the competition. Age groups are as at December 31st. 2007
2. All entries will be acknowledged and local map sent to competitors.
3. All individual events are seeded slowest to fastest order of racing. Results will be decided on the heat declared system. There will be no re-entry cards. Heat sheets will be posted at the pool prior to each session.
For the **800m. and 400m. freestyle only**, registration will be required at least **30 minutes before the start of that session.**
4. Hot meals and snacks will be available at the Heights Cafeteria both Friday and Saturday throughout the meet. However it is requested that these meals be ordered in advance wherever possible to assist the Heights' catering staff. There are also some good restaurants and cafes in the town who will welcome you in the evening. A list of those open in February will be available at the pool but as February is “out of season”, most stop serving food around **9.00pm.**
5. The meet manager reserves the right to make any changes which may be considered necessary for safe and smooth running of the competition.