

**Cascade Swim Club  
Class II Time Trial  
Saturday March 24th, 2012  
Talisman Centre, Calgary, AB**

**Format:**

Cascade Swim Club is offering an in-house time trial for Cascade Swimmers who are 11 and over and who are not attending Olympic Trials. The event will run the morning of Saturday, March 24, 2012.

**Location/Facility:**

This time trial will be held at the Talisman Centre, Calgary, AB. with manual timing.

**Events:**

Events 1 and 2: 400 Free - Boys and Girls  
Events 3 and 4: 200 IM - Boys and Girls  
Events 5 and 6: 50 Butterfly - Boys and Girls  
Events 7 and 8: 50 Back - Boys and Girls  
Events 9 and 10: 50 Breaststroke - Boys and Girls  
Events 11 and 12: 50 Free - Boys and Girls

**Start time:**

Warm-up: 6:30 am

Races: 7:00 am - 8:30 am

**Entry Fee:**

No entry fee will be charged.

**Eligibility:**

Must be a member of the Cascade Swim Club and registered as a competitive swimmer with SNC.

**Entries:**

Entries will be accepted on deck at the time trial.

Rules:

All current Swimming/Natation Canada (SNC) rules will be followed.

Seeding for all swims will be optimized by distance and stroke, but otherwise random.

Events are Timed Finals.

Meet Manager: Trish Crocker, Cascade Swim Club