

# Western Hills Athletic Club

## September Best Times Meet

Thursday, September 29th, 2011

Warm Up: 5:30 pm

Meet Starts: 5:45 pm

**Entry Fee:** \$15.00 Checks payable to WHAC. Entries must be received by **Tuesday, September 27th.**

**Eligibility:** Athletes registered with WHACsplash or appropriately invited programs are eligible to participate.

**Awards:** Awards will be given for athletes who achieve a personal best time. Athletes entered with no seed time (NT) will not be eligible for awards.

**Entries:** Athletes may enter a maximum of four events. All events will be mixed, with girls and boys swimming together.

**Seeding:** Events will be seeded by entry times slowest to fastest. Entries with no seed time will be seeded slowest.

**Volunteers:** We will need volunteers to help with timing, ribbons, etc. Your assistance is very much appreciated!

**Location:** The meet will be held at the Western Hills Athletic Club located at 4801 Rollingwood Drive. All rules and regulations of the club are in effect. Non-members of WHAC may not use the recreational facilities.

Name:		Gender:	
Email		DOB:	
Phone:		Team:	

	Event	Seed Time		Event	Seed Time
1	100IM		6	25 Back	
2	25 Free		7	50 Back	
3	50 Free		8	25 Fly	
4	25 Breast		9	50 Fly	
5	50 Breast		10	100 Free	

Western Hills Athletic Club  
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