

1000 islands invitational  
Swim Meet

Sunday, December 1, 2002

Warm-up: 11:00 a.m.      Events: Noon

**Hosted by:** 1000 Islands Y Swim Masters

**Location:** Brockville, Ontario  
"City of the 1000 Islands"

**Facilities:** Brockville YM/YWCA  
345 Park Street  
Brockville, Ontario

25 metre short course pool, 6 lanes, whirlpool, sauna,  
and FREE parking.

**Directions:** Exit 696 off 401. South on Stewart Blvd. Turn Left at  
Central Ave. (at Diary Queen). Turn Left at first stop  
lights (Park Street). YM/YWCA is on the right.

**M e e t   I n f o r m a t i o n**

**Meet Manager:** Carol Ravnaas  
(H) 613-498-3182      (W) 613-345-0060 (ext 643)  
E-mail: [ravcyr@ripnet.com](mailto:ravcyr@ripnet.com)

**Schedule :**

Registration: 10 :00 a.m. to noon or on deck

Warm-Up: 11:00 a.m. to 11:50 a.m.

Meet: Noon to 5:00 p.m. (or when events  
are finished)

Social: following the conclusion of the meet

Sanctioned by:



MASTERS SWIMMING ONTARIO

Masters Swimming Ontario (MSO) rules and safety procedures shall be strictly followed during the swim competition and warm-up period.

**Awards:** A certificate for all competitors which will display individual and relay times and placing. Men and women awarded separately. Bell prizes throughout meet. Certificates will be mailed to clubs/participants after the meet.

**Eligibility:** The swimmer's age shall be that on December 31, 2002. Swimmers must have reached their 20<sup>th</sup> birthday on or before the day of the meet. Swimmers must be registered with MSO or an equivalent body, and indicate their registration number on the entry form.

**Entry Fees:**

On or Before Nov 29, 2002: \$25.00 \*

Nov 29, 2002 to day of meet: \$30.00 \*

Social Fee only: \$ 5.00

(\* Fee includes unlimited number of events, relays and social)

**Make Cheque Payable to: "1000 Islands Y Swim Masters"**

**MAIL:** Carol Ravnaas  
5423 New Dublin Road, Brockville, Ontario K6V 5T4

**E-Mail:** [ravcyr@ripnet.com](mailto:ravcyr@ripnet.com)

**Deck Entries:**

Accepted only as space permits until the end of warm-up.

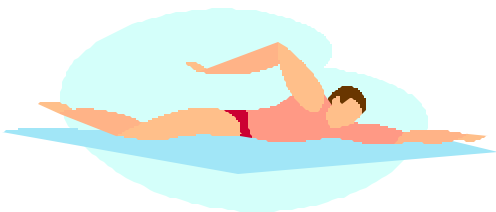
**Scratches:**

All scratches should be reported to the Meet Manager prior to warm-up.

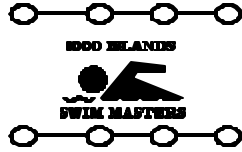
**Officials:**

Volunteers are welcomed!

Please contact Jane Pal-Loughrey, Chief of Officials at 613-345-1928 or via e-mail: [thiaja@superaje.com](mailto:thiaja@superaje.com)



***Come and swim  
with us!***



## List Of Events

1	100 Mixed Free
2	50 Mixed Back
3	100 Mixed Fly with Fins—start in Water (unofficial event)
4	100 Mixed Breast
5	100 Mixed IM
6	400 Mixed Open (State Stroke)
	****Break****
7	200 Medley Relay
8	50 Mixed Free
9	100 Mixed Back
10	50 Mixed Breast
11	200 Mixed Open (State Stroke)
12	200 free Relay

All heats will be combined male & female and seeded slowest to fastest.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: (as of Dec 31/02): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M/F: \_\_\_\_\_

CLUB: \_\_\_\_\_ MSO # \_\_\_\_\_

Home Tel: \_\_\_\_\_ Work Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Event #	Event Name	Time		Event #	Event Name	Time

**Athletic Waiver and Release:**

In consideration of the acceptance of this entry, I for myself, my executors, administrators, and assigns, do hereby release and discharge the 1000 Islands Y Swim Masters of Ontario, Masters Swimming Ontario, and the Brockville YMCA/YWCA from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate.