

# 1000 ISLANDS Y SWIM MASTERS



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## THE 2<sup>ND</sup> ANNUAL **ALMOST** SERIOUS MEET



*hosted by: 1000 Islands Y Swim Masters*

*date: Sunday, January 15, 2006*

*time: warm up 8:00 am  
meet 8:45 am – noon*

*location: Brockville and Area YMCA  
345 Park St, Brockville 613 342-7961*

*directions: map [http://www.mapquest.com/cgi-bin/ia\\_find](http://www.mapquest.com/cgi-bin/ia_find)*

*pool: 25m short course, 6 lanes*

*Events for all – short mix relays*

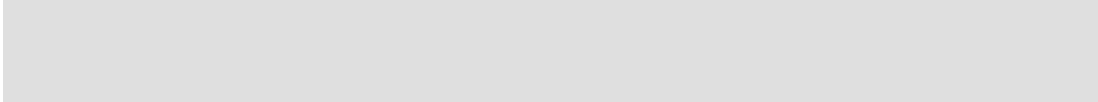
*Sanctioned by Masters Swimming Ontario*

### **Meet Manager**

Carol Ravnaas (613) 498-3182 (h)

email [ravcyr@ripnet.com](mailto:ravcyr@ripnet.com)

fax 342-5646



## **EVENTS.**

1. 200 Open (State Stroke)
2. 4 x 25 Free Relay
3. 50 Breast
4. 4 x 25 Back Relay
5. 50 Free
6. 4 X 25 Mixed Medley Relay
7. 50 Back
8. 4 x 25 Breast Relay
9. 100 IM
10. 4 x 25 Fly Relay
11. 100 Free
12. 4 x 50 Free Relay - Women
13. 100 Back
14. 4 x 50 Free Relay - Men
15. 100 Breast
16. 4 x 25 Free T-shirt Relay - Open

**Entry Fees \$15.00**

**Deadline January 7, 2006**

**Social Guest \$5.00 per person**

**Volunteers eat for free!**

**Cheque Payable to:**

**1000 Islands Y Swim Masters**

### **COME JOIN US**

- \* Eligibility –swimmers 18 years and older, registered with MSO or equivalent
- \* Individual Events will be mixed. Seeded by time, slowest to fastest
- \* Age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 etc. Relays 72-99, 100-119, 120-159 etc.
- \* Relay teams must be comprised of four individual swimmers and can be a mixture of clubs (Will be swam as exhibition if mixture of teams. Must be same club if going for a record.)
- \* T-Shirts for Relays supplied
- \* Deck entries at the discretion of Meet Manager
- \* Cancellation of events at the discretion of Meet Manager
- \* MSO Rules and Safety Procedures apply

## **DIRECTIONS TO:**

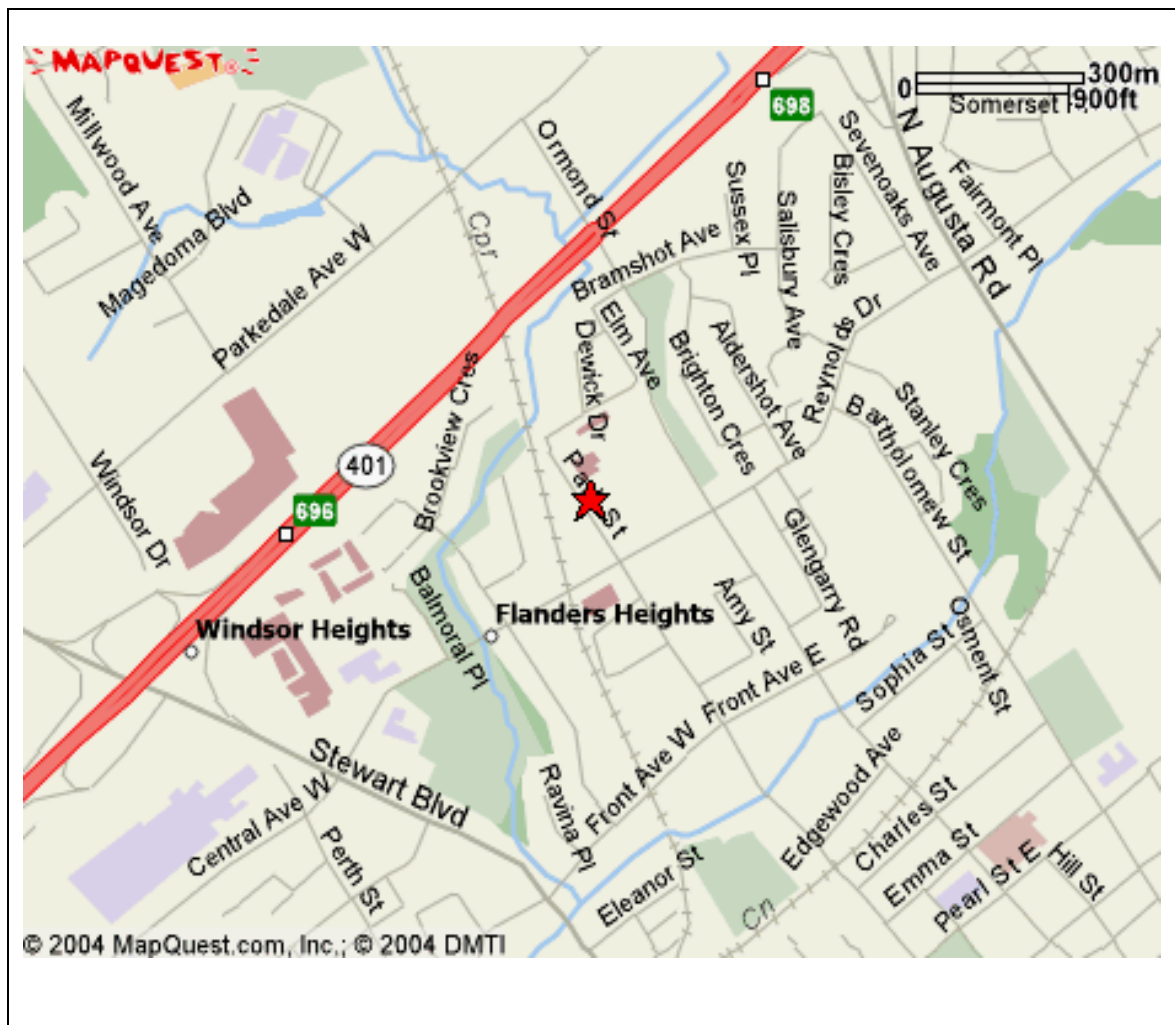
BROCKVILLE AND AREA YMCA  
345 PARK ST.  
BROCKVILLE, ON  
(613) 342-7961

### **COMING FROM WEST –**

TAKE 2<sup>ND</sup> BROCKVILLE EXIT - HWY # 29 (SMITH FALLS)  
TURN RIGHT AT STOP LIGHTS  
NEXT LIGHTS AT CENTRAL TURN LEFT  
AT PARK TURN LEFT Y ON RIGHT

### **COMING FROM EAST –**

TAKE 2<sup>ND</sup> BROCKVILLE EXIT – HWY # 29 (SMITH FALLS)  
TURN LEFT AT STOP LIGHTS  
OVER 401  
AT LIGHTS AT CENTRAL TURN LEFT  
PARK ST TURN LEFT Y ON RIGHT



**1000 Islands Y Swim Masters**  
**THE ALMOST SERIOUS MEET**

Name \_\_\_\_\_ Sex (M) (F) please circle

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

DOB (D)\_\_\_\_(M)\_\_\_\_(Y)\_\_\_\_\_ Age as of Dec 31, 2006

Phone # ( ) \_\_\_\_\_ E-mail address \_\_\_\_\_

Club Name \_\_\_\_\_ Short Form \_\_\_\_\_

MSO # \_\_\_\_\_ or equivalent registration #

**Individual Entry Form \*\*\*\***

EVENT #	EVENT NAME	TIME
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\*\*\*\* Relay Grid on next page

<b>Entry Fees \$15.00</b>	<b>Social Guest \$5.00 per person</b>
<b>Deadline January 7, 2006</b>	<b>Volunteers eat for free!</b>
<b>Cheque Payable to:</b>	
<b>1000 Islands Y Swim Masters</b>	<b>( ) v Check if cheque is enclosed</b>

**Mail to : Carol Ravnaas 5423 New Dublin, Brockville, ON K6V 5T4**

Email [ravcyr@ripnet.com](mailto:ravcyr@ripnet.com) Fax (613) 342-5646

