

1000 Islands Y Swim Masters
Open Water Swim
All Net Proceeds for Parkinson Research
Sunday, August 12th, 2007

This is a revival of the "1000 Islands Swim Masters Mile" open water swim, which was held from 1986 -1995.

Events

Event # 1 – 750 meters

NON-SANCTIONED event

Open to all swimmers

Does NOT require Masters Swimming Registration

Wet suits or neoprene caps of any kind ARE permitted

NO age restriction

Event # 2 – 1500 meters

Event # 3 – 3000 meters

Sanctioned by Masters Swimming Ontario (MSO)

Open to registered Masters swimmers, aged 18 years and over

Wet suits or neoprene caps of any kind are NOT permitted

Only FINA regulation swimsuits are permitted

Non-registered swimmers who wish to compete in either of these two events should contact the Masters Swimming Ontario registrar:

Brian Croker

Box 8, 552 Church Street

Toronto, ON

M4Y 2E3

Ph: 800-676-8946

Email: msoreg@mastersswimmingontario.ca

MSO Fees are \$25 per year

**Please obtain a MSO Registration Number
BEFORE COMPLETING THIS APPLICATION FORM**

Relay Teams

Designate three-four-person teams from your club. Individuals must swim within in the same event. The best 3 individual times of each team will be combined within the same event for relay team awards. No additional fee charged for relays.

Course

The circuit is a 750m triangular course in the St. Lawrence River off the Brockville Rowing Club dock. The course is mostly protected by Blockhouse Island but can be choppy in strong winds. Prevailing winds are southwesterly. The course is comprised of three sections marked with large floating markers; from dock south to end of Blockhouse Island, down river towards shore, and along the shore back to the BRC dock. Entry into the water is from a land based low dock. Swim start is either by a dive from dock, or an in-water start. Exit from the water is to be accessed from the shore. Water temperatures in August are typically 20 - 25C (70 - 75 F).

750 meters = 1 circuit

1500 meters = 2 circuits

3000 meters = 4 circuits

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Times

| | |
|---|---|
| Registration warm-up | 10:00am – 11:45am |
| Pre-Race Instructions/roll call | 11:45am |
| <i>(Swimmers must attend roll call, otherwise they will not be allowed to swim)</i> | |
| Race Start Event # 1 | 12:00pm |
| Race Start Event # 2 | 1:00pm |
| Race Start Event # 3 | 5 minutes after last wave starts of Event # 2 |
| <i>(Warm-up area for Events # 2 & 3 will be available, while Event # 1 is going on)</i> | |

Entry Fees

Deadline August 6th, 2007

| | | |
|--|-------------|----------|
| Event # 1 | 750 meters | \$ 20.00 |
| Event # 2 | 1500 meters | \$ 30.00 |
| Event # 3 | 3000 meters | \$ 30.00 |
| Late entry fee add | | \$ 5.00 |
| <i>(Post-marked after August 6th, 2007)</i> | | |
| Day of event entry add | | \$10.00 |
| Guest for social | | \$ 7.00 |

Awards

Awards and Social to follow events
Certificates of achievement
Top team trophy

Procedure

Swimmers are assigned different coloured and numbered swim caps for each registered distance. **YOU MUST WEAR THE CAP FOR THE ENTIRE SWIM. Disqualification will result in failure to finish wearing your cap.** If you have an allergy to latex, please bring a cap to wear under one provided. **NO CAP, NO START.**

Swimmers swim in waves of **5-10 swimmers**. Waves are spaced **2 MINUTES APART** depending on number of entries numbers in age groupings. Waves will start youngest to oldest within each event.

Start times:

| | |
|-----------|---|
| Event # 1 | 12:00pm |
| Event # 2 | 1:00pm |
| Event # 3 | 2 minutes after start of last wave of Event # 2 |

Upon completion of the swim, the caps are collected in finishing order for confirmation of times and placing.

A TIME LIMIT WILL BE STRICTLY ENFORCED

750 meters = **45 MINUTES**
1500 meters = **must start 2ND lap by 45 minutes**
3000 meters = **must start 4TH lap by 1 ¾ hours**

Drafting – Swimmers will not necessarily be stopped by the referee but **WILL** be disqualified.

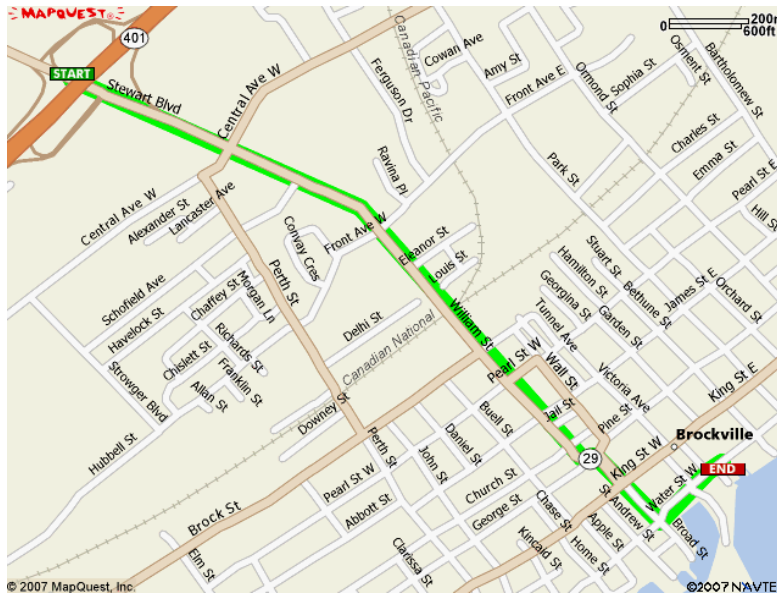
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Safety

Lifeguards and local scuba divers will provide in-water monitoring. Kayaks and canoes will be on course for safety. No motorized craft will be within 1500 meters of the swim course. Entries will be limited to 40 swimmers per Event # 1 and 60 swimmers for the combined Events # 2 and # 3.

Location

St. Lawrence River
Brockville Rowing Club
1 Ferry Street
Brockville, ON
(Adjacent to Blockhouse Island)



Directions

From Highway 401, the Brockville Rowing Club (Corner of Water Street E. and Ferry Street) is less than 2.5 km south.

Take Exit 696 off Highway 401

SOUTHEAST on STEWART BOULEVARD/CR-29 1.4km

Stay STRAIGHT on WILLIAM STREET/CR-29S 0.3km

Turn RIGHT onto COURT HOUSE AVE/CR-20S 0.1km

Stay STRAIGHT onto BROAD ST. at intersection of KING ST W 0.1km

Turn LEFT onto WATER ST W.

Continue along WATER ST just past BLOCKHOUSE ISLAND PARKWAY 0.2km

Brockville Rowing Club is on SOUTH side of WATER ST E

There will be washroom facilities and changing areas available but no lockers. Please be prepared to secure valuables in your vehicles. Coffee and refreshments will be supplied before and during the event.

Runners and Triathlete please note

The local Road Runners of Brockville will be having their annual 5km run Aug 12 at 9 am

They invite you to come to their run and then stay for our swim

The swim course is the same course that will be used for the Annual Brockville Triathlon Aug 19

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TO BE READ AND AGREED UPON BY ALL ENTRANTS

1. Swimmers should not undertake this swim unless they are physically fit and sufficiently trained to participate safely.
2. 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, Masters Swimming Ontario and Masters Swimming Canada from all claims of damages and actions whatsoever in any manner arising or growing out of my participation in this event.
3. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

For further information, please contact

Marion Wyatt

613 498 0339

Fax 613 342 5646

email marionswims@sympatico.ca

Hotels/Motels

Best Western White House Motel
1843 Hwy 2 E. Brockville K6V 5T1
Telephone: (613) 345-1622

Brockville Super 8 Motel
7789 Kent Blvd. Brockville K6V 6N7
Telephone: 6133453900

Comfort Inn Motel
7777 Kent Blvd. Brockville K6V 6N7
Telephone: (613) 345-0042

Days Inn (401)
160 Stewart Blvd. Brockville K6V 4W6
Telephone: (613) 342-6613

Quality Hotel Royal Brock Conference Centre & Sports Club
100 Stewart Blvd. Brockville K6V 4W3
Telephone: (613) 345-1400

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 ENTRY FORM

Name _____
Last First

Address _____

City Province Postal Code

Club Name _____ Short Form _____

Phone # _____ Email address _____

Masters Swimming Registration # _____

Age as of December 31st, 2007 _____ DOB _____ Sex: M F
yy/mm/dd (please circle)

Please circle your event: 750 meters 1500 meters 3000 meters

Please indicate number of guests for social following event: _____

For safety, purposes please provide details of any physical challenges that may require help- e.g. blind, deaf, amputees, _____

I have read all the details associated with this event and agree that my entry abides by all of the statements and warnings enclosed herein.

 (Signature of participant or guardian if under 16 yrs old) Date _____

Make cheques payable to: **1000 Islands Y Swim Masters**

Send entries and cheques to:

1000 Islands Y Swim Masters Open Water Swim
c/o Marion Wyatt
48 Hartley Street
Brockville, ON
K6V 3N5

| | |
|--------------------|------------|
| Event Fee | 750 _____ |
| | 1500 _____ |
| | 3000 _____ |
| Extra Social guest | _____ |
| Total enclosed | _____ |