

1000 ISLANDS Y SWIM MASTERS

THE 3RD ANNUAL **ALMOST** SERIOUS MEET



hosted by: 1000 Islands Y Swim Masters

date: Sunday, January 28 2007

*time: Warm up 7:45 am
Meet 8:30 am – noon*

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

directions: map see attached

pool: 25m short course, 6 lanes

Events for all – short mix relays

Sanctioned by Masters Swimming Ontario

Meet Managers

Louise Bonvie , louisebonvie@sympatico.ca

Alison Curtis abeylou@ripnet.com

fax 613 342-5646

*Entries may be sent by Hy-Tech Team Manager email to
marionswims@sympatico.ca*

To access the Hy-Tech Meet Events please right click file and “save as”

EVENTS

- | | | | |
|----|--------------------------------|----|-----------------------------------|
| 1 | 200 (4 X 50) Medley Relay Open | 11 | 100 Fly (4X 25) Relay EX |
| 2 | 200 Open (State Stroke) | 12 | 100 Free |
| 3 | 100 Free (4 X 25) Relay EX | 13 | 50 Fly |
| 4 | 50 Breast | 14 | 200 (4 X 50) Free Relay Open |
| 5 | 4 X 25 Back Relay EX | 15 | 100 Back |
| 6 | 50 Free | 16 | 100 Breast |
| 7 | 100 Back (4 X 25) Relay EX | 17 | 4 X 25 Free T-Shirt Relay Open EX |
| 8 | 50 Back | | |
| 9 | 100 Breast (4 X 25) Relay EX | | |
| 10 | 100 IM | | |

Entry Fees \$25.00

Social Guest \$5.00 per person

Deck Entries \$30.00

Deadline January 26, 2007 Volunteers eat for free!

Profits go to Support Upper Canada Swim Club

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:

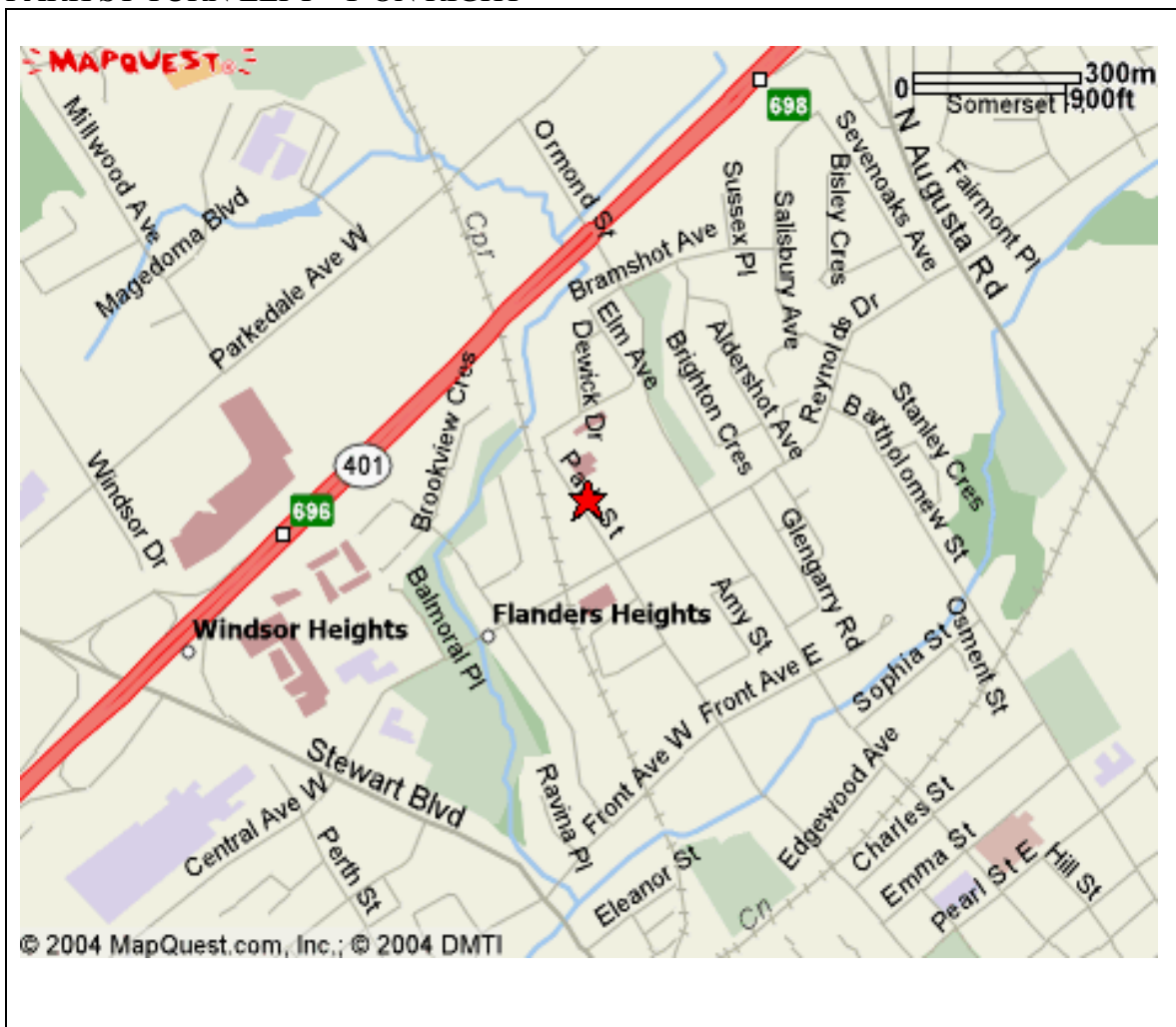
BROCKVILLE AND AREA YMCA
345 PARK ST.
BROCKVILLE, ON
(613) 342-7961

COMING FROM WEST –

TAKE 2ND 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 2ND 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, 2007

Phone # () _____ E-mail address _____

Club Name _____ Short Form _____

MSO # _____ or equivalent registration #

Individual Entry Form ****

EVENT #	EVENT NAME	TIME
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Social	Please indicate if you are attending the social	Yes <input type="checkbox"/> No <input type="checkbox"/>

**** Relay Grid on next page

Entry Fees \$25.00 Social Guest \$5.00 per person
 Deck Entries \$30.00
 Deadline January 26 , 2007 Volunteers eat for free!

Cheque Payable to:
1000 Islands Y Swim Masters () Check if cheque is enclosed

Mail to : Marion Wyatt ,48 Hartley, St. Brockville Ont .K6V 3N5

or Fax 613 342 5646 or email marionswims@sympatico.ca

