

1000 ISLANDS Y SWIM MASTERS

**THE 5TH ANNUAL
ALMOST
SERIOUS MEET
+
EXTRA 1500 OR 800**



Hosted by: 1000 Islands Y Swim Masters

Date: Sunday, January 18 2009

**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: 25 m short course, 6 lanes

Events for all – short mix relays

Sanctioned by Masters Swimming Ontario

Meet Managers

Stephanie Allard

Marion Wyatt

fax 613 342-5646

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

Hy-Tech file available upon request

EVENTS

1	200 (4 X 50) Medley Relay M or W	11	50 Back
2	200 Open (State Stroke Fly Bk Br Fr IM)	12	8X 25 Kick with flipper open relay
3	50 Free	13	25 Free
4	50 Fly	14	25 fly
5	4 X 50 Free Relay M or W	15	4 X 50 Medley Relay Mixed
6	25 Back	16	T shirt Relay 4 X 25 open
7	25 Breast	17	1500 Open
8	100 Open (state Stroke Fly, Bk, Br Fr,IM)	18	800 Open
9	4 X 50 Free Relay Mixed		
10	50 Breast		

Entry Fees \$30.00 Social Guest \$7.00 per person

Deck Entries \$35.00

Deadline Friday January 16, 2009 Volunteers eat for free!

Profits go to Support Upper Canada Swim Club

\$2.00 of entry fee goes to support OSOA

Cheque Payable to:

Upper Canada Swim Club

COME JOIN US

- Eligibility –swimmers 18 years and older, registered with MSO or equivalent
 - Day of event registration available with MSO for \$35.00
- * Mixed Individual Events, Seeded by time, slowest to fastest
1500 open and 800 open limited to one heat may be swum together and 2 to a lane at Meet managers discretion
- * 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.) Entries due by end of warm-up
All swimmers 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:

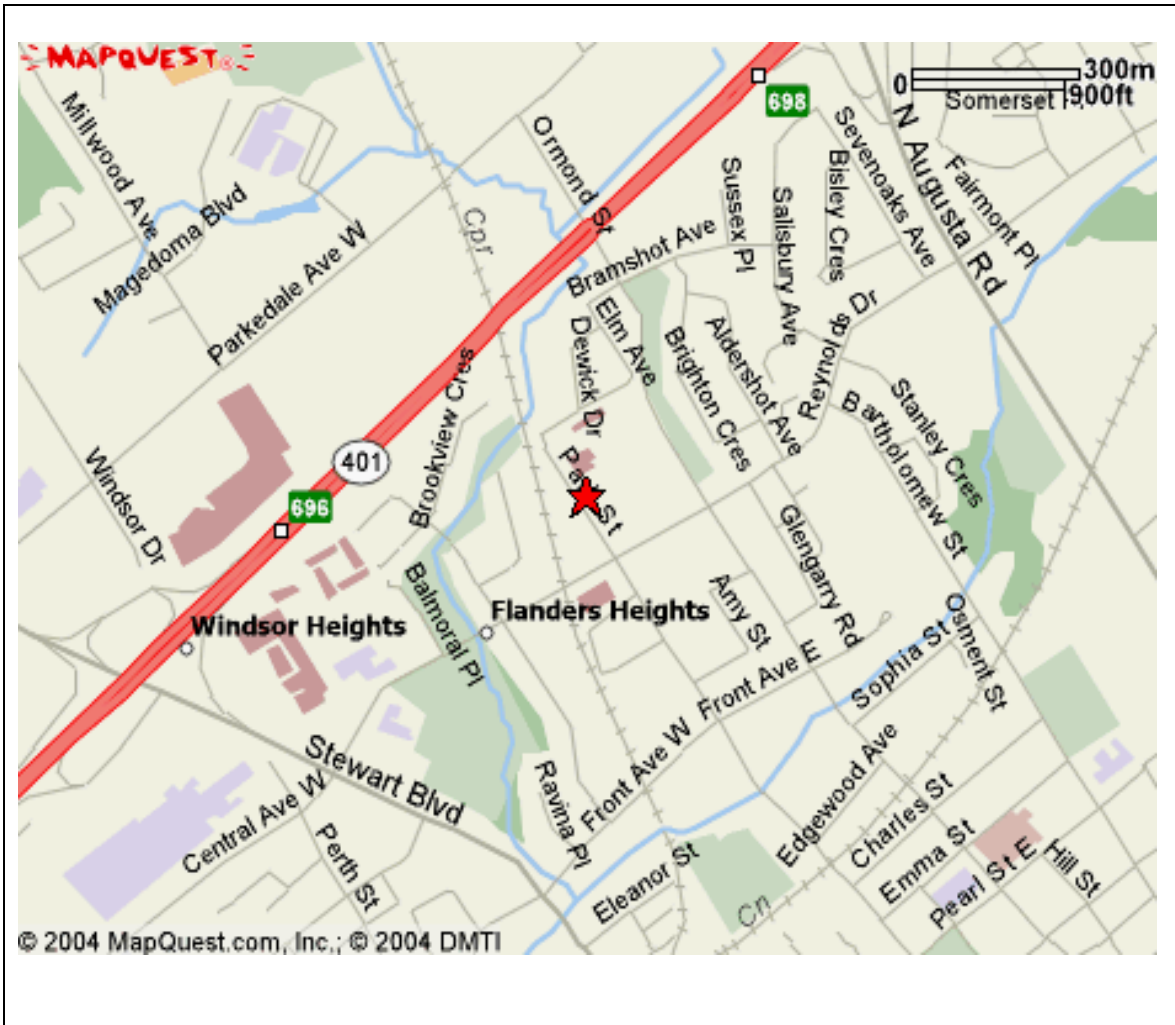
BROCKVILLE AND AREA YMCA
345 PARK ST.
BROCKVILLE, ON
(613) 342-7961

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, 2009

Phone # () _____ E-mail address _____

Club Name _____ Short Form _____

MSO # _____ or equivalent registration #

Individual Entry Form ****

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

**** Relay Grid on next page

Entry Fees \$30.00	Social Guest \$7.00 per person
Deck Entries \$35.00	1500 and 800 additional \$10.00
Deadline January 16 , 2008	Volunteers eat for free!
Cheque Payable to:	
Upper Canada Swim Club	() <input checked="" type="checkbox"/> 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

