

# 1000 ISLANDS Y SWIM MASTERS

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**THE 6TH ANNUAL  
ALMOST  
SERIOUS MEET  
+  
EXTRA 1500 OR 800**



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

**Date: Sunday, January 17 2010**

**Time: Warm up 7:45 am  
Meet 8:30 am – 1 pm**

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

**Directions: Map 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 613 342-2465

Entries may be sent by Hy-Tech Team Manager email to  
[marionswims@sympatico.ca](mailto: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		

**Deadline Monday January 11, 2010      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 or 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:**

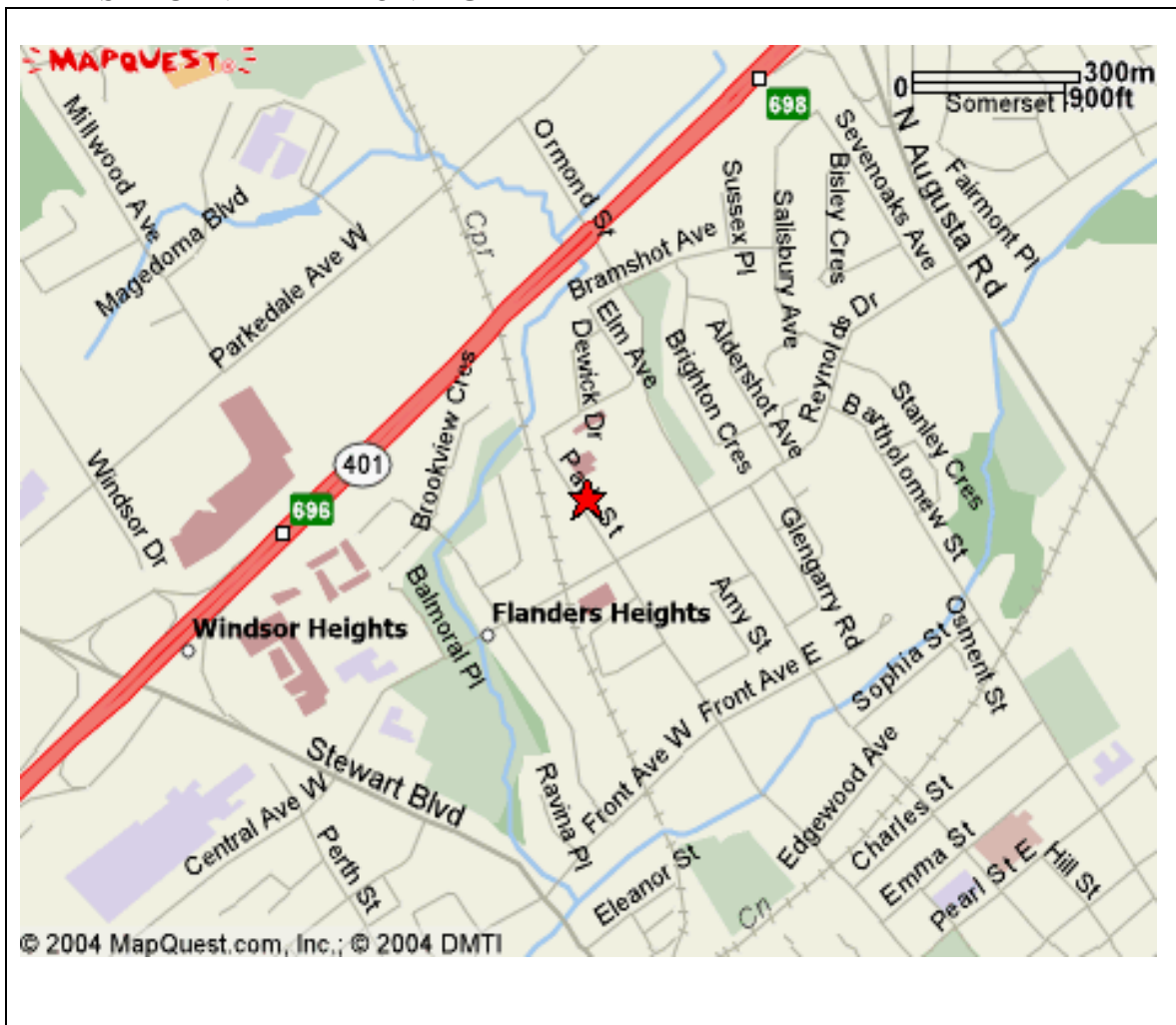
BROCKVILLE AND AREA YMCA  
345 PARK ST.  
BROCKVILLE, ON  
(613) 342-7961

**COMING FROM WEST –**

TAKE 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 \_\_\_\_\_

Address \_\_\_\_\_

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

DOB (D)\_\_\_\_(M)\_\_\_\_(Y)\_\_\_\_\_ Age as of Dec 31, 2010

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

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

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

**Individual Entry Form \*\*\*\* Fill in online and print or print and complete**

EVENT #	EVENT NAME	TIME
<b>Social</b>	Please indicate if you are attending the social    YES            NO	Indicate the Number of extra guests

\*\*\*\* Relay Grid on next page

Entry Fees \$35.00	extra Social Guest \$7.00 per person
Deck Entries \$40.00	1500 or 800 \$10.00 additional or \$35 if sole event
Deadline January 11 , 2010	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 613 342-2465 or email [marionswims@sympatico.ca](mailto:marionswims@sympatico.ca)

