

1000 ISLANDS Y SWIM MASTERS



THE ALMOST SERIOUS MEET



hosted by: 1000 Islands Y Swim Masters

date: Sunday, January 16, 2005

*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

pool: 25m short course, 6 lanes

Events for all – short mix relays

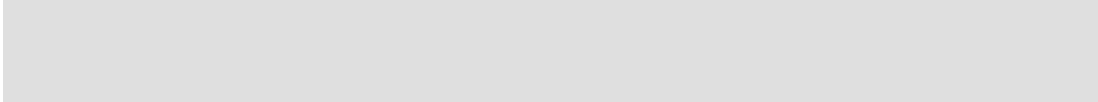
Sanctioned by Masters Swimming Ontario

Meet Manager

Carol Ravnaas (613) 498-3182 (h)

email ravcyr@ripnet.com

fax 342-5646



EVENTS.

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

Entry Fees \$10.00

Social Guest \$5.00 per person

Deadline January 8, 2005

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:

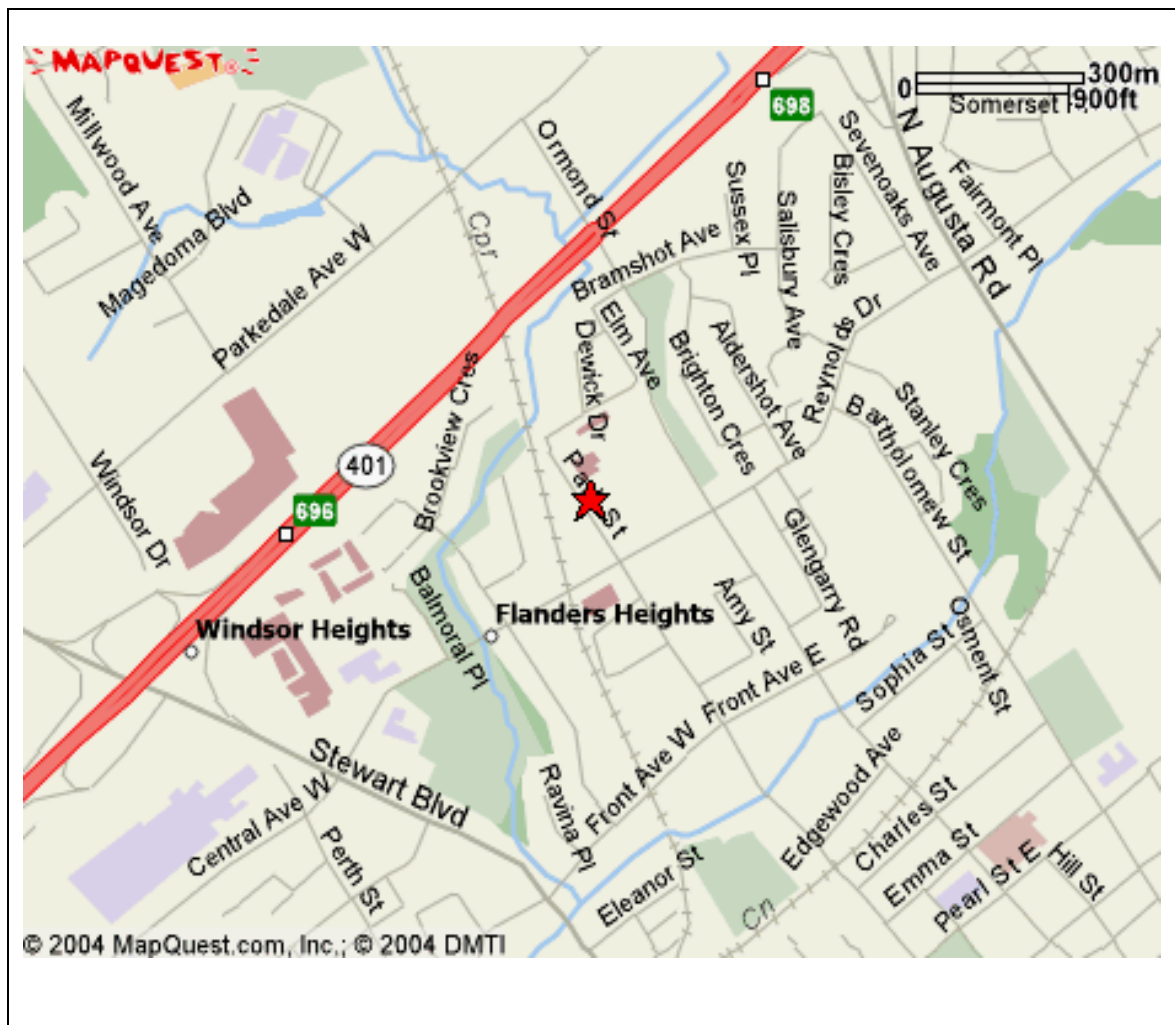
BROCKVILLE AND AREA YMCA
345 PARK ST.
BROCKVILLE, ON
(613) 342-7961

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



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Name _____ Sex (M) (F) please circle

Address _____

City _____ Province _____ Postal Code _____

DOB (D)____(M)____(Y)_____ Age as of Dec 31, 2005

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

Entry Fees \$10.00 Social Guest \$5.00 per person
Deadline January 8, 2005

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

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

Email ravcyr@ripnet.com Fax (613) 342-5646

