



BRIGHT'S GROVE
ONTARIO Provincial Masters Championship
1.5 km & 3 km OPEN WATER SWIM
Brought to you by Trillium Y Masters Swim Club



When

Saturday July 17th 2010

9:10 am → 10:10 am – check in and numbering

9:45 am – Warm up

10:30 am – Roll call and pre-race meeting

11:00 am – 3 km race starts

11:10 am – 1.5 km race starts

Where

Lake Huron at Bright's Grove, Ontario

The **swim** will take place in Lake Huron. See **page 3** for a description and course map.

The **check-in** will take place at the Bright's Grove School Gym: 2565 Hamilton Road, Bright's Grove. See **page 4** for directions and map.

Entry

Deadline – Friday July 9th 2010 (POSITIVELY NO LATE ENTRIES)

Fee – The entry fee is \$35

Make cheques payable to Trillium Y Masters Swim Club

Form – Complete the form found on **page 2** and mail it along with the entry fee to:

Sue Weir, 3949 Point View Drive, RR #5, Forest, ON, N0N 1J0

(This is a rural address so the mail takes a few extra days to get here.)

Eligibility – The race is sanctioned by Masters Swimming Ontario (MSO) and is open to all registered Masters Swimmers 18 years of age or older. Non-registered swimmers who wish to compete should contact the MSO registrar: Brian Croker, Box 8, 552 Church St., Toronto, ON, M4Y 2E3 (tel. 416 944 9226 e-mail msoreg@mastersswimmingontario.ca) to register before entering the meet.

Awards

Awards will be presented during lunch.
MSO medals for 1st, 2nd and 3rd place in each age group; ribbons for 4th to 8th.

Food and Facilities

Lots of good food will be available, including pre-swim coffee and snacks. A **BBQ lunch will be provided to all registered swimmers** and available to non-swimming guests for a charge of \$5. Please pay for guests at the food table. Children eat for free.

There are washrooms and change facilities in the school but there are **no showers or lockers**.

Volunteer timers are appreciated! Please contact Sue Weir <mailto:sweir@xcelco.on.ca>

ENTRY FORM: BRIGHT’S GROVE OPEN WATER SWIM

Name _____ Sex: _____ Age on December 31st 2010 _____

Address _____ Phone # _____

E-mail _____

MSO # (or other affiliate) _____ Club name _____

(Registered masters from other provinces or countries – Include a photocopy of current registration card.)

Distance (circle one) 1.5 km or 3 km Expected no. of non-swimming guests _____

Although this is a freestyle competition, course records will be kept for all strokes and age groups. If you wish to swim a stroke other than front crawl indicate by circling the stroke. **Back Breast Fly**

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns do hereby release and discharge the Trillium Y Masters, Masters Swimming Ontario, and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. 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.

Signature _____ Date _____

Rules

In accordance with the rules of MSO and MSC

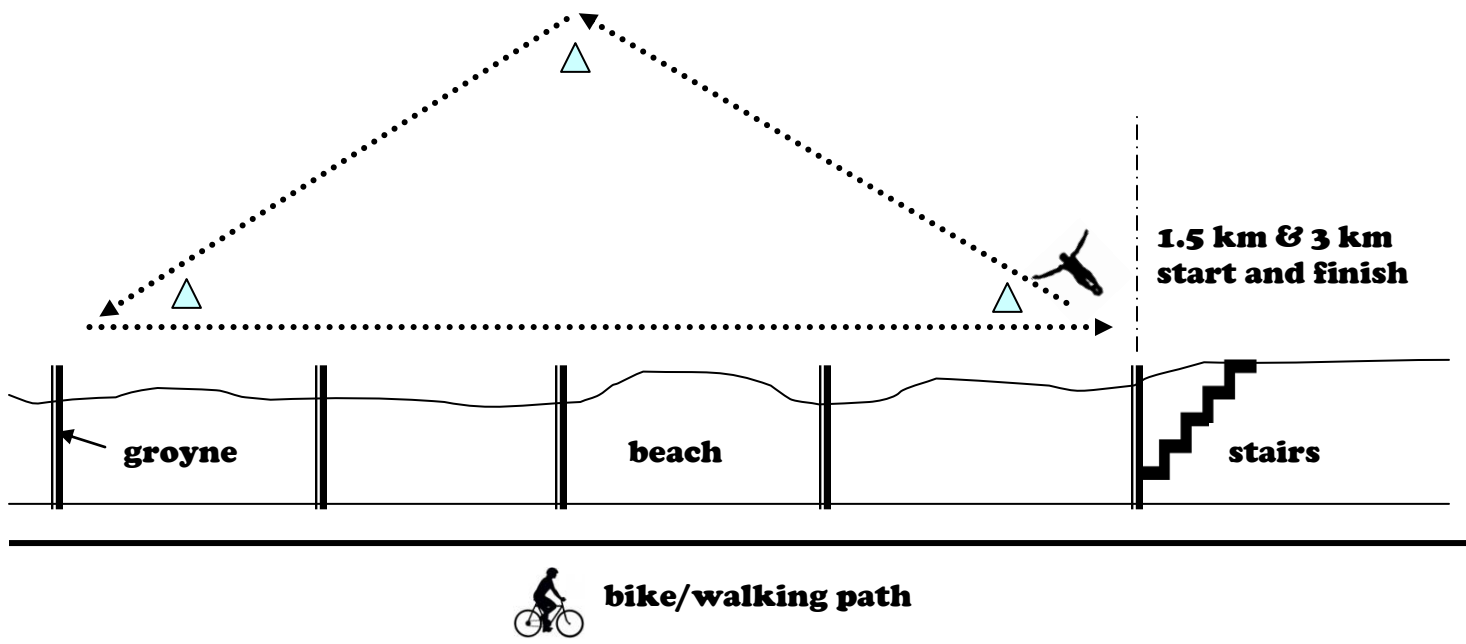
- 🏊 Swim caps will be provided and must be worn by each swimmer during the race.
- 🏊 A number will be inked on the upper arm of each swimmer.
- 🏊 Wet Suits are not permitted. This includes neoprene suits and caps.
- 🏊 Swimmers cannot wear watches or other timing devices.
- 🏊 Swimmers drafting off other swimmers will be disqualified.

The Course

Three large buoys will mark the 750 m triangular course. Swimmers will swim counter-clockwise around the outside of the buoys. Both races will start and finish at the east end of the course, close to the stairs. The 1.5 km competitors will swim around the course twice; the 3 km competitors will swim the course four times.

The course ranges in depth from 1.5 m to 7 m. Lake Huron's average July water temperature is 21°C (70°F). Weather conditions will vary, so the lake may be wavy or calm. If the swim is cancelled due to inclement weather there will be no rain date.

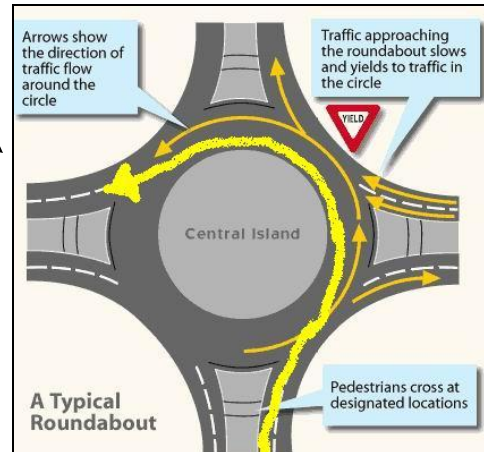
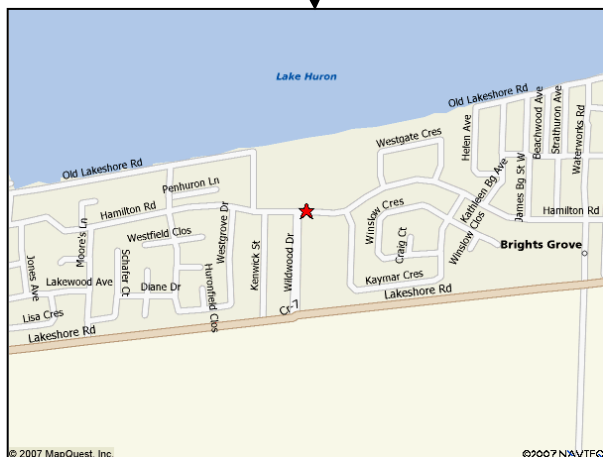
Life guards and both motorized and non-motorized watercrafts will be stationed along the course. Timers and counters will be supplied. No escort craft will be needed.



Directions

Directions from 402 east or west

Take exit #15 (Mandaumin Road/County Road 26) north to Lakeshore Rd. (**traffic roundabout**), take the third exit off the roundabout onto Lakeshore rd west. Turn right at Waterworks Rd. Take the first left onto Hamilton road.



Planning to stay overnight? Here are two suggestions:

The Gables Inn (Kitchenettes – in Sarnia, a 15 minute drive south west of Bright’s Grove)

<http://www.thegablesinn.ca> (519) 542-5523

Country View Motel (Fridges, Camping - 15 min. drive south east of Bright’s Grove)

<http://www.sarnia.com/countryview> (519) 845-3394

More information: <http://www.tourism-sarnia-lambton.com/>

More Questions?

Write the Meet Manager Sue Weir: sweir@xcelco.on.ca