

Open Water River Swimmers and Upper Canada Swim Club

3rd Annual Open Water Swim
Part 1 Saturday July 17 2010
Part 2 Saturday, August 14th, 2010

Events

Event # 1 - 500 metres
Event # 2 - 1000 metres
Event # 3 - 1500 metres
Event # 4 - 3000 metres

Events are sanctioned by Masters Swimming Ontario (MSO) and Swim Ontario (SWO).
Open to registered Masters swimmers, aged 18 years and over and Registered Competitive Age
Group Swimmers.

Wet suits or neoprene caps of any kind are NOT permitted.
Only FINA regulation swimsuits are permitted.

Non-registered Masters swimmers may register online at <http://www.mymisc.ca/>
This must be done through their club registrar or as an unattached swimmer through the
provincial registrar.

**Please obtain a MSO Registration Number
BEFORE COMPLETING THIS APPLICATION FORM**

Course

The circuit is a 500m buoyed cable swim course in the St. Lawrence River at the East beach of
St. Lawrence Park, located in the west-end of Brockville.

Cable Swim

- ✓ **Buoyed submerged 250 metre line**
- ✓ **Swimmers swim down one side and up the other**
- ✓ **There will be 2 starts**
 - **# 1 500 metres**
 - **# 2 1000, 1500 and 3000 metres (swum clockwise)**

Water temperatures in July are typically (65-70 F) August is typically 20 - 25C (70 - 75 F).

500 metres = 1 circuit (2 lengths)
1000 metres = 2 circuit (4 lengths)
1500 metres = 3 circuits (6 lengths)
3000 metres = 6 circuits (12 lengths)

All finishes will be determined by a visual line from the dock edge to the marked buoy at the end
of the cable.

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Start Times

Registration warm-up 06:30 am – 07:45am
Pre-Race Instructions/roll call 08:30 am
(Swimmers must attend roll call, otherwise they will not be allowed to swim)
Race Start # 1 9:00 am
Race Start # 2 9:45 am

Entry Fees

Deadline July 12 or August 9th, 2010

Event # 1 500 metres \$ 25.00
Event # 2 1000 metres \$ 35.00
Event # 3 1500 metres \$ 35.00
Event # 4 3000 metres \$ 35.00
Late entry fee add \$ 5.00
(Post-marked after July 12 August 9th, 2010)

Guest for social \$10.00

Awards

Awards to follow events

Age Groups Swim Ontario Ribbons for 1,2,3 rd	Age Groups Masters Swimming Ontario Ribbons for 1,2,3 rd
10 & Under Girls	As stated in MSO rule book
11 & Under Boys	18-24
11 Girls	25-29,30-34,35-39,40-44,45-49,50-59,60-64
12,13,14,	etc
15 & over Girls , 16 & over Boys	

All coaches of age groups swimmers are responsible for their swimmers at the meet and enter swimmers at their own discretion for safety purposes.

Social

Refreshments will be available following the event.

Procedure

Swimmers are assigned different coloured and numbered swim caps for each registered distance. **YOU MUST WEAR THE CAP FOR THE ENTIRE SWIM. Disqualification will result in failure to finish wearing your cap.** If you have an allergy to latex, please bring a cap to wear under one provided. **NO CAP, NO START.**

Mass start for each start

Upon completion of the swim, the caps are collected in finishing order for confirmation of times and placing.

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A time limit will be strictly ENFORCED as outlined below:

500 metres = **20 minutes 2 lengths of the cable (1 circuit)**

1000 metres = **40 minutes 4 lengths of the cable (2 circuits) *****

1500 metres = **4th length must be completed in 40 minutes (2nd circuit)**

3000 metres = **must complete 10th length by 1 ¾ hrs (5th circuit)**

Drafting – Swimmers will not necessarily be stopped by the referee but **WILL** be disqualified.

Safety

Lifeguards will provide in-water monitoring. Kayaks and canoes will be on course for safety. No motorized craft will be within 1500 metres of the swim course.

Entries will be limited to 50 swimmers per Event #1. Maximum of 80 swimmers for the Event 3

In case of emergency a horn will be blow to alert the swimmers. Swimmers must then evacuate to the swim dock.

Positive check -in required

Location

St. Lawrence River Park

West-end of King St.

Brockville, ON

Swim will be from the east Swimming Dock.

TO READ AND AGREED UPON BY ALL ENTRANTS

1. Swimmers should not undertake this swim unless they are physically fit and sufficiently trained to participate safely.
2. In consideration of the acceptance of this entry, I for myself, my executers, administrators and assigns, do hereby release and discharge the Open Water River Swimmers, Upper Canada Swim Club, Masters Swimming Ontario, Masters Swimming Canada, Swim Ontario and Swim Canada from all claims of damages and actions whatsoever in any manner arising or growing out of my participation in this event.
3. By entering 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.

For further information, please contact

Marion Wyatt

613 498 0339

Fax 613 342 2465

Email: treasurer@uppercanadaswimclub.com

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Hotels/Motels

Best Western White House Motel
1843 Hwy 2 E. Brockville K6V 5T1
Telephone: (613) 345-1622

Brockville Super 8 Motel
7789 Kent Blvd. Brockville K6V 6N7
Telephone: 6133453900

Comfort Inn Motel
7777 Kent Blvd. Brockville K6V 6N7
Telephone: (613) 345-0042

Days Inn (401)
160 Stewart Blvd. Brockville K6V 4W6
Telephone: (613) 342-6613

Quality Hotel Royal Brock Conference Centre & Sports Club
100 Stewart Blvd. Brockville K6V 4W3
Telephone: (613) 345-1400

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ENTRY FORM

Name _____
Last First

Address _____

City Province Postal Code

Club Name _____ Short Form _____

Phone # _____ Email address _____

Registration # MSO _____ SO # _____

Masters Age as of Dec 31st, 2010 _____ DOB _____ Sex: M F
yy/mm/dd (please circle)

Age Group as of July 17 or Aug 14 2010 _____ DOB _____ Sex M F
yy/mm/dd (please circle)

Please circle your event: 500 metres 1000 metres, 1500 metres, 3000 metres
Estimated entry time for swim _____

Please indicate number of guests for social following event: _____

For safety, purposes please provide details of any physical challenges that may require help- e.g. blind, deaf, amputees, _____

I have read all the details associated with this event and agree that my entry abides by all of the statements and warnings enclosed herein.

(Signature of participant or guardian if under 16 yrs old) Date _____

Make cheques payable to: **Upper Canada Swim Club**
Fax entries to 613 342 2465 or email to treasuer@uppercanadaswimclub.com

Send cheques and/or entries to:

Open Water Swim
c/o Marion Wyatt
48 Hartley Street
Brockville, ON
K6V 3N5

Event Fee	500 _____
	1000 _____
	1500 _____
	3000 _____
Extra Social guest	_____
Late Entry Fee	_____
Total enclosed	_____
Check date July 14 _____	Aug 17 _____