

SESSION 1 Swim Meet

TIME Registration 11:30 – 12:10
Deck entries 12:15 – 12:40
Warm up 12:15 – 12:50
Meet start 1:00PM

ORDER OF EVENTS

| Event # | Event Description |
|---------|-------------------|
| 1 | 4X50 MEDLEY RELAY |
| 2 | 50 free |
| 3 | 100 free |
| 4 | 50 back |
| 5 | 100 back |
| 6 | 50 breast |
| 7 | 100 breast |
| 8 | 50 fly |
| 9 | 100 fly |
| 10 | 100 IM |
| 11 | 200 IM |
| 12 | 4x50 FREE RELAY |
| 13 | 400 free |
| 14 | 1000 free |

| | |
|---------------------|---------|
| unsanctioned | 5km run |
|---------------------|---------|

SESSION 2 - 5K Run - NOT SANCTIONED BY MSO

The run is an out and back event on the bicycle path along the beautiful Cornwall waterfront. Run starts after the end of the swim meet. Anticipated run start 3:00pm. Only athletes who have finished the 400m or 1000, swim will be allowed to participate in the run. There is no additional fee for the run, but you must complete the 400m or 1000m swim to participate.

MSO swimmers may request an 800m split time while swimming the 1000m.

Depending on the number of distance swimmers, the 400m or 1000m may be swum 2 per lane.

Swimmers may swim any number of events **or** select an event combination

There are 3 swimming combinations.

Duathlon - Swim/Run 1000m swim, 5 km run

Nasty 50 free, 50 back, 50 breast, 50 fly and 100 IM + 1000m swim + 5 km run

Nutty 400m freestyle + 5km run

SOCIAL AND MEAL TO FOLLOW THE RUN EVENT

Directions

When arriving via 401,

Exit Brookdale Ave, South

Continue South (2-3 Km) around traffic circle keeping to right of bridge to US

Continue south on Brookdale which turns to the East to become Water St.

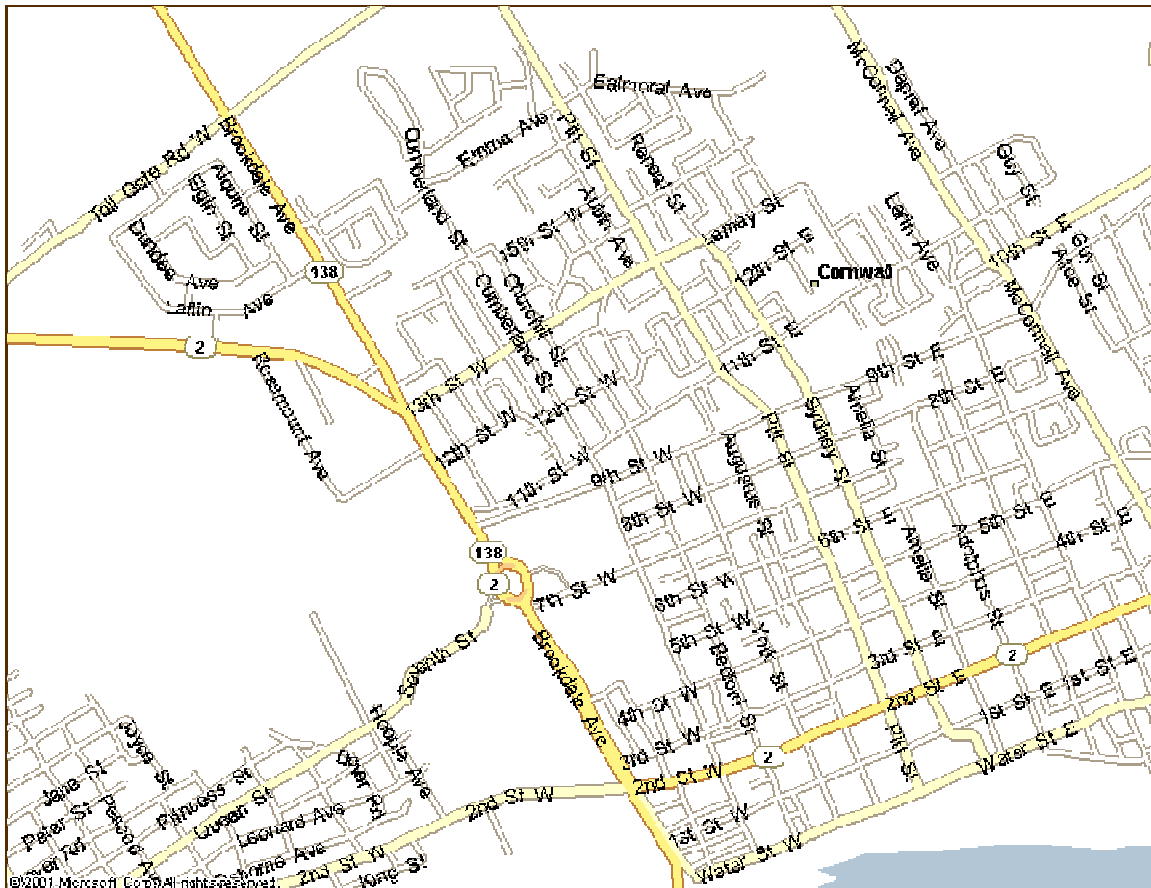
Pool is about 1.5km ahead on the right attached to the Civic Complex

When arriving from 417,

138 south to end at Cornwall Center Rd.-Turn right at traffic lights

Turn left on Brookdale Ave. South

Same as above.



For Google Map Link : copy/paste this into your browser

<http://maps.google.com/maps?f=q&hl=en&q=100+Water+st.+east,+Cornwall+ontario&ll=45.016273,-74.723511&spn=0.05849,0.171661>

Cornwall Masters **Legend in Our Own Mind** Swim Meet, May 31st, 2008

Last Name: _____

First Name: _____ Sex: (M) (F) Please circle

Address: _____ DOB: ___d___m___y

_____ Age as of Dec. 31, 2008 _____

City: _____ Province: _____ Postal Code: _____

Phone Number: () _____ E-mail address: _____

Club Name: _____ MSO#: _____

SESSION 1 Entry Form:

| Event # | Event Name | Time |
|---------|------------|------|
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Entry Deadline: May 24th 2008

Cheque (\$ 27) payable to Cornwall Sea Lions Masters

Mail or fax entry along with cheque to:

Pierre Pilon , 806 Chelsea Cr., Cornwall, Ontario, K6H 6Y4, Fax 613-932-0121