



**Cornwall Masters  
Legend in Our Own Mind Chapter 4  
Swim Meet  
Sunday May 2, 2010 – 7am**

- Location:** Cornwall Aquatic Centre, 100 Water Street East, Cornwall, Ontario
- Facility:** 6 lane 25 Metre pool with Colorado Electronic timing  
Cornwall Aquatic Centre (Civic Complex)  
100 Water Street East
- MM Address:** C/O Sean McAllister  
26 Loyalist Crescent. Email: seanmc@sympatico.ca  
Ingleside, Ontario  
K0C 1M0
- Telephone:** 613-534-8370 (E) 613-363-8370 (C) Fax: 613-937-3992
- Sanction:** Master Swimming Ontario. Current MSO rules will apply. The one start rule will apply. CSMW 3.warm-up procedures will be in effect for this Meet. Visit [www.mymisc.ca](http://www.mymisc.ca) for latest rules.
- Eligibility** Master Swimmers registered with Provincial or State Association
- Entries:** ***Entry Deadline: Monday April 26<sup>th</sup>, 2010***  
Entries are preferred by Hy-Tek format in SC metres where possible or by using the attached grids. **Please submit an estimated time rather than NT where possible.**
- Entry fees** \$35 flat fee  
A cheque covering the entry fees is required before the meet starts. Entry fees are non-refundable. Cheques should be made payable to CSL Masters.
- Deck Entries** Deck entries will be accepted where space permits up to 30 minutes before the start of the session. Deck entry fee \$40
- Meet Referee:** Pierre Pilon (Level 4)

**TIME Registration 7:00 – 7:30am**  
**Warm up 7:45 - 8:55am**  
**Meet start 9:00am**

**Social and meal to follow the run event. Theme “Tailgate Party”**

**Anticipated run start 12:00 pm**

## **ORDER OF EVENTS**

### **SESSION 1**

Sunday Morning	WU 7:45 AM	Start 9::00 AM
Event #	Event Description	
1	4X50 MEDLEY RELAY	
2	200 IM	
3	100 IM	
4	50 Free	
5	100 Fly	
6	50 Back	
7	100 Breast	
8	50 Fly	
9	100 Back	
10	50 Breast	
11	100 Free	
12	4x50 FREE RELAY	
13	400 Free/800 Free	

### **SESSION 2 4KM or 8KM – NOT SANCTIONED BY MSO**

The run is an out and back event on a bicycle path along the beautiful Cornwall waterfront. The run will start right after the completion of the swim meet. Anticipated run start 12:00pm. Only athletes who have finished the 400/800 swim will be allowed to participate in the run. There is no additional fee for the run, but you must complete the 400/800 swim to participate.

**There are also 2 special event combination events.**

**Duathlon** 400 swim 4km run/ 800m swim, 8 km run :  
The run is in and out and back on the bicycle path  
along the beautiful Cornwall waterfront. **Total Time**

**The Nasty** 50 free, 50 back, 50 breast, 50 fly and 100 IM + 800m swim +  
8 km run: **Total Time**

**DROP IN FEE FOR RUN ONLY IS \$20. Includes meal**

**SOCIAL AND MEAL WILL FOLLOW THE RUN**

## 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 Sea Lion Masters  
Legend in Our Own Mind Chapter 4  
Swim Meet  
Sunday May 2<sup>nd</sup>, 2010**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Sex: (M) (F) Please circle

Address: \_\_\_\_\_ DOB: \_\_\_d\_\_\_m\_\_\_y

\_\_\_\_\_ Age as of Dec. 31, 2010 \_\_\_\_\_

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

Phone Number: (    ) \_\_\_\_\_ E-mail address: \_\_\_\_\_

Club Name: \_\_\_\_\_ MSO#: \_\_\_\_\_

Event entry form:

Event #	Event Name	Time

**DUATHALON OR NASTY PENTATHLON**

**Combination    Session 2    Duathlon / Nasty Pentathlon    Please circle one**

Entry Deadline: April 26<sup>th</sup> 2010

Cheque (\$ 35) payable to Cornwall Sea Lions Masters

Mail entries along with cheque to:

Sean McAllister, 26 Loyalist Crescent, Ingleside, On, K0C 1M0