

Brockville Open Water River Swim For All Ages Part 2
Open Water Swim
Open Water River Swim Masters /Upper Canada Swim Club
Sunday, Aug 9th 2009

Events

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

Sanctioned by Masters Swimming Ontario (MSO)
Event Day registration for swimmers, aged 18 years and over
(Swimmers may register the day of the event)
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 swimmers 18 and over who wish to compete in these events should contact the Masters Swimming Ontario registrar: **or may register the day of the event**

Brian Croker

Box 8, 552 Church Street

Toronto, ON

M4Y 2E3

Ph: 800-676-8946

Email: msoreg@mastersswimmingontario.ca

MSO Fees are \$35 per calendar year (you can belong to both age group and Masters)

Course

The circuit is a 250m line swim course in the St. Lawrence River at The East beach of St Lawrence Park

Line Swim

- ✓ **Buoyed 250 metre line**
- ✓ **Swimmers swim down one side and up the other**
- ✓ **There will be 2 starts**
 - **#1 500 metres**
 - **# 2 1000 metres & # 3 1500 metres & 3000 metres**

Water temperatures in Aug are typically 20 - 25C (70 - 75 F).

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

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Start Times

Registration warm-up 06:30 am – 07:45am
 Pre-Race Instructions/roll call 08: 00 am
 (Swimmers must attend roll call, otherwise they will not be allowed to swim)
 Race Start # 1 500 metres 8:30 am
 Race Start # 2 1000 /1500/3000 metres 9: 15 am

Entry Fees

Deadline August 5th 2009

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 August 5th, 2009)
 Day of event entry add \$10.00
 Guest for social \$10.00
 MSO day of registration fee (Masters only) \$35.00

Awards

Awards to follow events

Age Groups Swim Ontario Ribbons for 1,2,3 rd	Age Groups Masters Ribbons for 1,2 ,3 rd
10 & under girls 11 & under boys	A stated in MSO rule book
11 girls	
12 boys & girls	
13 boys & girls	
14 boys & girls	
15 & over girls 15 boys	
16 & over boys	

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

Social

A brunch will be available.

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

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

A TIME LIMIT WILL BE STRICTLY ENFORCED

500 metres = **25 minutes**
 1000 metres = **50 Minutes**
 1500 metres = **50 minutes by end of 2nd circuit**
 3000 metres = **75 minutes by end of 3rd circuit**

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Safety

- ✓ Lifeguards will provide in-water monitoring. Kayaks and canoes will be on course for safety.
- ✓ No motorized craft will be within 1500 meters of the swim course
- ✓ Entries will be limited to 40 swimmers per Event # 1
- ✓ Entries will be limited to 80 swimmers maximum for the combined Events # 2 & 3 & 4
- ✓ A positive check-in to competition
- ✓ **In case of emergency a horn will be blown 3 times to alert the swimmers**
- ✓ **Swimmers must then evacuate to the swim dock**
- ✓ **Positive check -in required**

Location

St. Lawrence River Park
(Opposite OLD Phillips Plant)
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 1000 Islands Y Swim Masters ,Masters Swimming Ontario and Masters Swimming Canada from all claims of damages and actions whatsoever in any manner arising or growing out of my participate 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 5646

email ucsc@sympatico.ca

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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 _____ Age Group # _____

Masters Age as of Dec 31st, 2009 _____ DOB _____ yy/mm/dd Sex: M F
(please circle)
 Age Group as of July 19, 2009 _____ DOB _____ yy/mm/dd Sex M F
(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 Cub**
 Donations to Parkinson will receive a tax receipt from the Parkinson's Society
 Send entries and cheques to:

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

Event Fee	500 _____
	1000 _____
	1500 _____
	3000 _____
Parkinson support	_____
Extra Social guest	_____
Total enclosed	\$ _____