

1000 Islands Y Swim Masters and Upper Canada Swim Club
1st Annual Open Water Cable Swim
In support of Parkinson Research & local age-group swimming
Sunday, August 10th, 2008

Events

Event # 1 – 1000 metres Non-sanctioned

Event # 2 – 500 metres

Event # 3 – 1500 metres

Event # 4– 3000 metres

Events # 2, 3, and 4 are sanctioned by Masters Swimming Ontario (MSO) and Swim Ontario (SWO). Open to registered Masters 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.

Wetsuits are permitted for the 1000 metre Non-sanctioned event.

Non-registered Masters swimmers, who wish to compete in either of these two events should contact the Masters Swimming Ontario registrar. **Or you 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 \$25 per calendar year (you can belong to both age group and Masters)

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

Course

The circuit is a 500m 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 3 starts**
 - **#1 1000 metre Non-sanctioned (wetsuits allowed)**
 - **# 2 500 metre**
 - **# 3 1500 and 3000 metre (swum clockwise)**

The line will be decided on the day of the event according to the weather conditions.

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

A time limit will be strictly ENFORCED as outlined below:

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

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 60 minutes (5th circuit)**

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

***** 1000 metre event is non-sanctioned and does not require MSO membership. Swimmers may wear wetsuits and times will be unofficial. This event will be swum separately.**

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 40 swimmers per Event # 1 & 2. Maximum of 80 swimmers for the combined Event # 3 & 4.

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 (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, 2008 _____ DOB _____ Sex: M F
yy/mm/dd (please circle)

Age Group as of Aug 10 2008 _____ DOB _____ Sex 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: **1000 Islands Y Swim Masters**
 Fax entries to 613 342 5646 or email to ucsc@sympatico.ca

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	_____