



## **Swimmers in Heats 2004 - Allô-à-l'eau**

Welcome to the 13<sup>th</sup> Swimmers in Heats 2004 Allô-à-l'eau annual swim competition, February 20 - 22, 2004 in Ottawa, Ontario Canada. This years competition is being co-hosted by the Rideau Speedeaus and the TechnoSport Masters Swim Club. Swimmers in Heats 2004 is one of Canada's largest sanctioned GBLT swim competitions. Visit our web site for more detailed information at [www.littleastronauts.com/speedeaus/](http://www.littleastronauts.com/speedeaus/).

### **Events and Dates**

#### **Friday February 20, 2004**

##### **Registration Night Party at the LookOut Bar**

Meet old and new friends in one of Ottawa's friendliest gay bars. 8:00 –11:00 PM. (Door Prizes will be drawn). The LookOut Bar, 41 York Street (2<sup>nd</sup> floor), Ottawa , (613) 789-1601

#### **Saturday February 21, 2004**

##### **Swimmers in Heats' 2004 Allô-à-l'eau Swim meet**

University of Ottawa, Montpetit Hall, 125 University, Ottawa, Ontario  
Warm up starts at 8:30 AM Event #1 starts at 9:15 AM. The shallow end of the pool will be used for warm up and warm downs. \* Fruits, snacks, and drinks provided (you should bring you own lunch).

##### **Saturday Night Cocktail Reception, Entertainment and Dance Party**

###### **The Crown Plaza Hotel**

This year Capital Xtra and the Rideau Speedeaus are hosting a Cocktail Reception and Dance party "In a League of our Own" at The Crown Plaza Hotel, 101 Lyon St., Ottawa PH 237-3600. Cocktails and Reception at 7:30 PM Keynote Speaker Mark Tewksbury and Dance starts at 9:00 PM. Special appearance by "The Village People (Tickets \$20). Free admission for Volunteers and Registered Swimmers to Keynote Speaker and Dance. \$10 presale tickets for friends of volunteers and registered swimmers (up to 100 tickets only) for access to Keynote Speaker and Dance.

#### **Sunday February 22, 2004**

##### **Awards Brunch Sunday**

Cafe Musée, Canadian Museum of Civilization  
100 rue, Laurier, Hull QC PH: 776-7071  
11:30 AM - 1:30 PM

### **Housing:**

We encourage people to take advantage of our hosted housing to make new friends and to experience life up-close in the Nation's Capital. It's easy to do, just fill out the relevant part of the registration form. If you prefer to stay in a guesthouse, we can recommend the Inn on Somerset ( 282 Somerset W. Ottawa, Ontario K2P 0J6) (800) 658-3564 or [www.innonsomerset.com](http://www.innonsomerset.com). Be sure to reserve early because the Inn on Somerset is usually fully booked by the end of December for the Winterlude festival weekend.

The National Capital Region offers a full range of accommodation options, from large modern hotels to smaller, more intimate hotels, hostels and motels. A walk-in accommodation reservation service is offered, seven days a week, at our Capital Infocentre located at 90 Wellington Street, directly across from Parliament Hill, or you can reserve your accommodation through our Canada-USA toll-free number, 1-800-465-1867. Callers outside of continental USA and Canada can phone (613) 239-5000.

## **REGISTRATION**

Fill out and sign the attached registration form and mail it, along with a cheque and a copy of your Masters Swimming Association Card by February 13, 2004. Proof of your Masters Swimming Association Membership is required to maintain our insurance coverage. Mail your completed registration form to:

Michael Lubetsky  
SWIMMERS IN HEATS  
Apt. 2 176 1/2 Nepean St.  
Ottawa, Ontario Canada K2P 0B6  
E-mail: [mlubetsky@hotmail.com](mailto:mlubetsky@hotmail.com) PH: (613) 316-1608

## **THE SWIM MEET**

### **Pool**

University of Ottawa, Montpetit Hall, 125 University, Ottawa, Ontario  
Two 25M pools; 8 lanes. Room for 200 spectators.

Saturday, February 21, 2004

\* Warm up time 8:30 AM

\* Event #1 starts at 9:15 AM

\* Warm up - no diving into the pool except in lanes designated by meet officials.

\* Fruits, snacks, and drinks provided (you should bring your own lunch)

### **Scoring**

Individual Events: 1st - 09, 2nd-07, 3rd-05, 4th-04, 5th-03, 6th-02, 7th-01

Relay Events: 1st - 18 2nd-14 3rd-10 4th-08 5th-06 6th-04 7th-02

### **Awards**

Best Large Team (15 +)

The highest total score

Best Small Team (1-14)

The highest total score

Best Man for Each Age Group

1st place - highest score

2nd place - second highest score

3rd place - third highest score

Best Women Best for Each Age Group

1st place - highest score

2nd place - second highest score

3rd place - third highest score

Ribbons will be awarded to all participants in each age group for each swim event for first, second and third place finishes.