

Bright's Grove Open Water Swim

1.5km & 3km

Brought to you by the
Trillium Y Masters Swim Club

When: Saturday July 9th 2005
Warm up: 9:45 am
Pre-race meeting: 10:30 am
Both races start: 11:00 am

Where: In Lake Huron, Bright's Grove (near Sarnia - see map).

Entry Info: \$30 for entries received by Tuesday, July 5th. **Late entry fee:** (up to 10:15 am race day) \$35. Make cheques payable to **Trillium Y Masters Swim Club**. Send entries to the **meet manager:** Sue Weir, 3949 Point View Drive, RR#5 Forest, ON., N0N 1J0. ? Questions? Write to: sweir@xcelco.on.ca

**Check in/
numbering:** Saturday 9:00 – 10:15 am
At the pavilion in Wildwood park (beside Bright's Grove Public School-see map)
2565 Hamilton Road, Brights Grove.

**The
course:** The course, marked by a line of buoys, will run parallel to the shore for 750 m. Both races will start and finish at the east end of the course, by the park. The 1.5 km racers will swim one lap of the course (down and back); the 3 km racers will complete two laps.

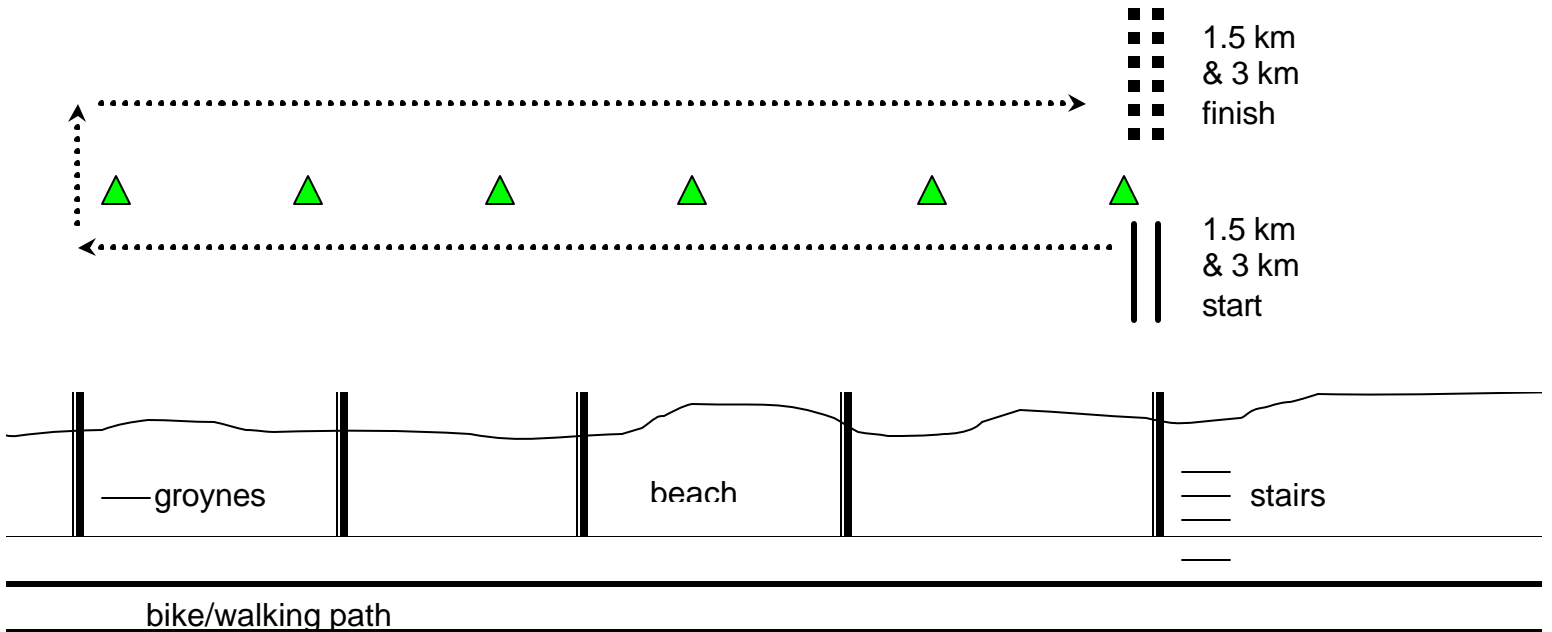
Lifeguards and non-motorized watercraft will be stationed along the course. Medical personnel will be on hand. Timers and counters will be supplied. No escort craft will be needed.

Lake Huron's average July temperature is 21 °C. Since this race takes place early in the month, we may experience temperatures slightly below this average. The beach and swimming areas are sandy. A bike/walk path runs the length of the course and stairs provide access to the beach.

Awards: Ribbons for first, second and third place in each age group.

Afterward: Lots of good food will be available under the pavilion in the park. Awards can be picked up at this location as well.

Swim course



- The rules:**
- Swim caps will be provided and must be worn by each swimmer during the race. A number will be inked on the upper arm of each swimmer for identification purposes.
 - **Wet Suits are not permitted.** This includes neoprene caps
 - Swimmers drafting off other swimmers may be stopped and will be disqualified.
 - The race is sanctioned by Masters Swimming Ontario (MSO) and is open to all **registered** Masters swimmers 18 years of age or older. Non-registered swimmers who wish to compete should contact the MSO registrar: Brian Croker, Box 8 552 Church St., Toronto, ON, M4Y 2E3 (416) 944-9226 msoreg@mastersswimmingontario.ca) to register **before** entering the meet.

Entry form: Bright's Grove Open Water Swim

Name: _____ Sex: _____ Age on December 31st, 2005: _____
 Address: _____
 Phone #: _____ email: _____
 MSO#(or other affiliate): _____
 Club name: _____ Distance (circle one): 1.5 km 3 km

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns do hereby release and discharge the Trillium Y Masters, Masters Swimming Ontario, and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in 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.

Signature: _____ Date: _____

Other stuff:

There are washrooms and change facilities in the park but there are no showers or lockers.

Directions: From the **east or west:** 402 hwy to Mandaumin road (exit 15/County road 26), north on Mandaumin to Lakeshore road (flashing light), west (left) on Lakeshore to Waterworks (the first lights), north (right) on Waterworks for one block to Hamilton road, west on Hamilton road to the school. (see map provided) You can park at Bright's Grove school (2565 Hamilton rd)



The School and pavilion are located in the park shown in the above map.

More accommodations, maps and things to do can be found on the following links:

- <http://www.tourism-sarnia-lambton.com/>
- <http://www.city.sarnia.on.ca/>
- <http://www.sarnialodging.worldweb.com/>