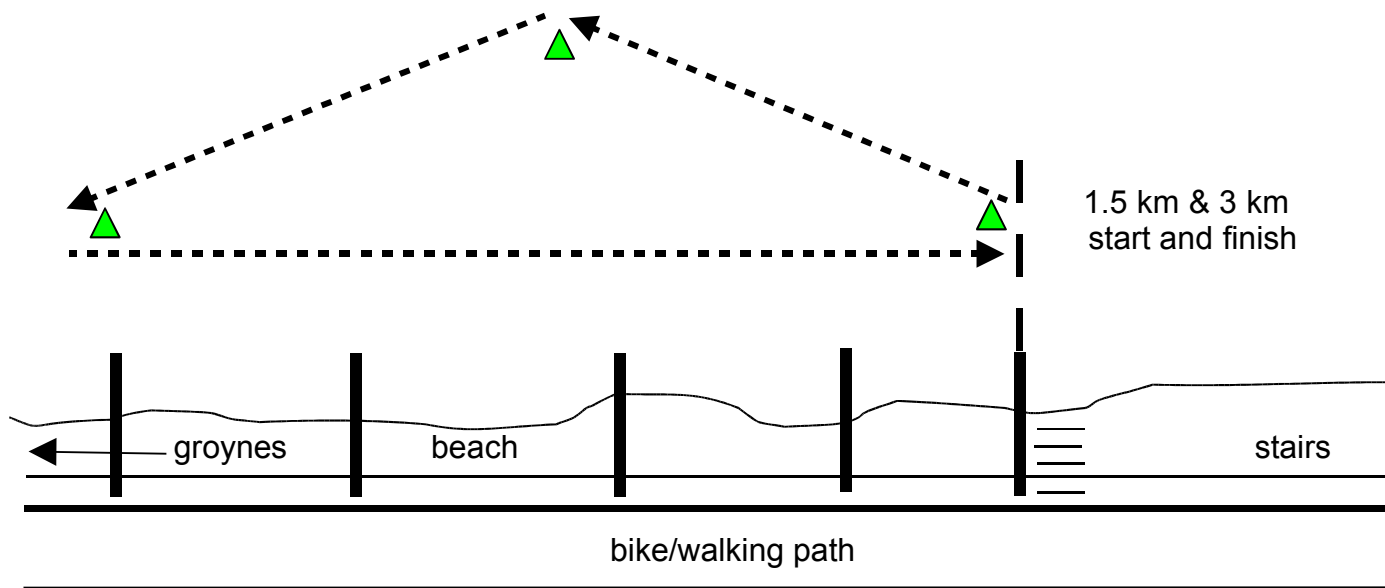


BRIGHT'S GROVE ONTARIO PROVINCIAL MASTERS CHAMPIONSHIP 1.5 km & 3 km OPEN WATER SWIM

Brought to you by
Trillium Y Masters Swim Club

- Where:** The swim will take place in Lake Huron at Bright's Grove, Ontario (near Sarnia). Check-in at the Pavilion in Wildwood Park, 2565 Hamilton Road, Bright Grove (see directions & maps on page 3) – next to the school.
- When:** **Saturday July 15th 2006**
Check-in and numbering: 9:00 – 10:15 am
Warm up: 9:45 am
Roll call and pre-race meeting: 10:15 am
Race starts: 3 km at **11:00 am** 1.5 km at **11:05 am**
- Entry Deadline:** **Saturday July 8th**
- Entry Info:** The entry fee is \$30.
- **Positively No Late Entries.**
- 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, (phone: (416) 944-9226. (msoreg@mastersswimmingontario.ca) to register **before** entering the meet.
- Make cheques payable to **Trillium Y Masters Swim Club.**
- Send entries to: Sue Weir, 3949 Point View Drive, RR #5, Forest, ON, N0N 1J0.
- ? Questions ?** Write to meet manager: Sue Weir: sweir@xcelco.on.ca
- 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
- Awards:** Medals for 1st, 2nd and 3rd place in each age group.
- Food:** Lots of good food will be available under the Pavilion in the park, including pre-swim coffee and snacks. BBQ lunch after the swim. Non-swimming guests will be charged \$ 5.00 (children free: one hamburger or hot-dog and one drink). Medals will be presented during lunch.

Swim Course



The Course: 3 large buoys will mark the 1500m triangular course. Swimmers will swim counter-clockwise around the outside of the buoys. Both races will start and finish at the east end of the course, close to the stairs. The 1.5 km competitors will swim the course once, the 3 km will do it twice.

The course ranges in depth from 1.5 m to 7 m. Lake Huron's average July water temperature is 21°C (70°F). Weather conditions will vary, so the lake may be wavy or calm. If the swim is cancelled due to inclement weather there will not be a rain date.

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

ENTRY FORM: BRIGHT'S GROVE OPEN WATER SWIM

Name: _____ Sex: _____ Age on December 31st, 2006: _____

Address: _____

Phone #: _____ email: _____

MSO#(or other affiliate): _____

Club name: _____ Distance (circle one): 1.5 km 3 km

Expected no. of non-swimming guests: _____

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.

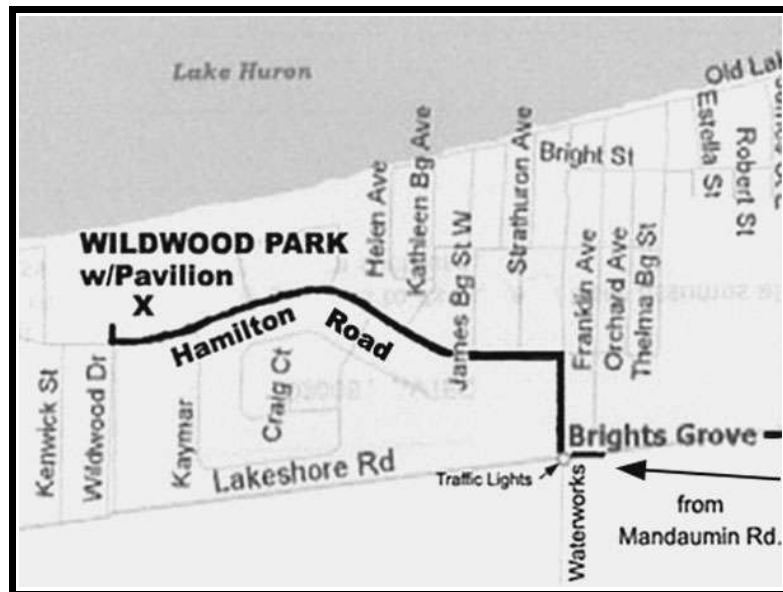
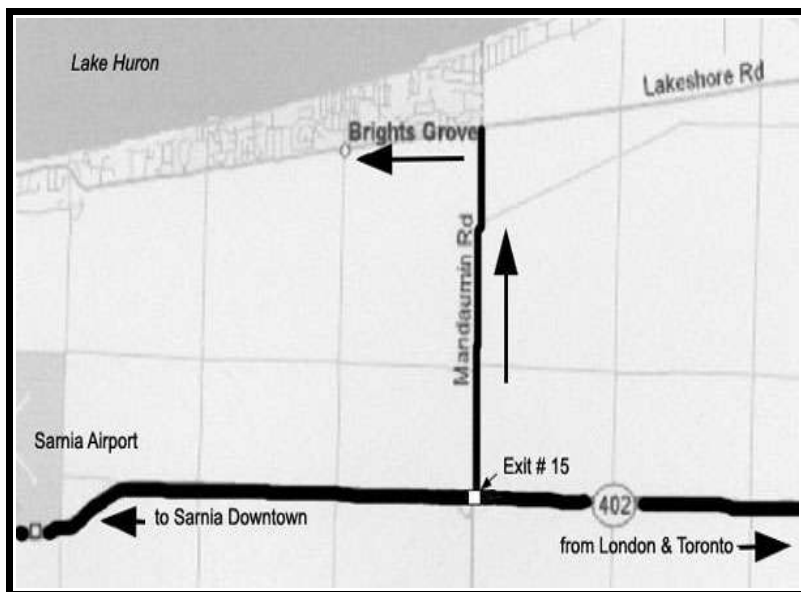
Signature: _____ Date: _____

Other Stuff:

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

Directions from the east or west:

On Hwy 402 to exit # 15 (Mandaumin Road/county road 26), north onto Mandaumin Rd. to Lakeshore Rd. (flashing lights), turn left (west) onto Lakeshore - to Waterworks Rd. (traffic lights), turn right (north) onto Waterworks for one block, turn left (west) onto Hamilton Rd. to 2565. On the right the sign says: Gallery in the Grove / Bright's Grove Library / Wildwood Park.



More information on accommodations, restaurants, 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/>