

London Silver Dolphins

Nineteenth ONTARIO Provincial Masters Championships

5-km OPEN-WATER SWIM

PLACE: St Marys Quarry and Lind Sportsplex (near Stratford, Ontario). The quarry is located at 428 Water Street (East side) on Perth Road 123 (Old 25), 43° 14' 56" N, 081° 08' 58" W - due south of St Marys and North of Highway 7.

This race is sanctioned by Masters Swimming Ontario (MSO) and is open to all registered Masters swimmers from 18-years old to 80+. Non-registered swimmers who wish to compete should contact the Registrar, Masters Swimming Ontario (Brian Croker, Box 8, 552 Church Street, Toronto, Ontario, M4Y 2E3: 416-944-9226 Home, msoreg@mastersswimmingontario.ca to obtain a registration number, BEFORE SUBMITTING THIS ENTRY-FORM. The race involves 11 circuits of a triangular course in a reclaimed quarry that is now managed by the Town of St Marys as an official swimming pool during the summer months. It is sufficiently deep all over that you won't be able to stand on the bottom! Water temperature has been between 20 and 25°C (68-76°F) in the previous meets. There are changing facilities toilet facilities together with hot showers in the adjacent Lind Sportsplex. There are about 20 *mini* lockers (35x35 cm opening) for clothes - bring a lock.

Five Lifeguards will be on duty: Three will be on the water and a further two will cover the land.

Free coffee will be provided throughout the meet. After the swim, the **AWARDS** and free refreshments (drinks and food) will be available in the Club Room of the adjacent Lind Sportsplex

DATE: Sunday, September 12th, 2004

TIME: 10:00-11:30	Check-in, numbering, and 11:00 "warm-up"
11:30	Roll-call and Briefing - NOT THERE, NO SWIM
12:00-noon	Start for ALL events.

Swim caps will be provided for each swimmer and **MUST BE WORN** for identification purposes during the race. A number will also be inked on the upper back of each swimmer. If you have an allergy to latex, bring your own swim cap - orange for women, light blue for men, while for Fly, Back or Breast. In accordance with the rules of MSO and MSC, **WET SUITS ARE NOT PERMITTED** - this rule includes neoprene-suits, triathlon-suits *etc.* Each swimmer will be assigned an official counter who will keep track of the swimmer's number of laps. For organizational purposes, **A TIME-LIMIT MUST BE STRICTLY ENFORCED**; any swimmers who have not started on their last lap within 2.75 hours will be required to retire from the race. Swimmers **DRAFTING** off other swimmers **MAY BE STOPPED BUT WILL BE DISQUALIFIED**.

AWARDS: **UWOAM Trophy** for overall fastest lady; **Manulife Financial Trophy** for the overall fastest man. **Ed Thomas Memorial trophies** for oldest man & woman completing the course within time-limit. MSO medals for 1st, 2nd and 3rd in each age-group; ribbons for 4th to 8th.

TO BE 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 - *viz*: undertaking yearly physical examinations and involved in a regular programme of exercise.
2. In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the London Silver Dolphins, UWO Aquatic Masters, Masters Swimming Ontario, and Masters Swimming Canada from all claims of damages, demands, and actions whatsoever in any manner arising or growing out of my participation in this event.
3. 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.

ENTRY FORM on reverse side...

ENTRY FORM

(please PRINT or TYPE clearly)

ENTRY FEE: \$35.00

NAME: _____

PREFERRED TITLE for correspondence (Circle one): Mr Ms Mrs Miss Dr Prof

MASTERS REGISTRATION NUMBER (2004): _____ (other)

(Non-MSO-registered Ontario swimmers - See reverse side).

(Registered Master in another Province, USA, etc. - Include photocopy of current Registration Card).

ADDRESS: _____

CITY: _____ **PROVINCE/STATE:** _____

COUNTRY: _____ **POSTAL/ZIP CODE:** _____

SEX (circle one): MALE FEMALE **PHONE No:** _____

AGE GROUP (circle one):	18-24	25-29	30-34	35-39
	40-44	45-49	50-54	55-59
	60-64	65-69	70-74	75-79
	80+ ... (in five-year increments)			

SAFETY - For safety purposes, provide details of any physical challenges that may require help - e.g. Blind, Deaf, Missing limb(s), Diabetes, etc. **Note:** Exit from the water requires a climb of 1 metre.

STROKE - Competition is Freestyle; however, Course Records are kept for strokes and age-groups.
- (Circle one for a stroke other than Freestyle): **BACK BREAST FLY**

AGE on December 31st, 2004: _____ Years **E-mail address:** _____

SWIMMER's CLUB: _____

NUMBERS: To facilitate planning for food, please indicate the number of people that will **ACCOMPANY** the swimmer to the Awards Ceremony (There is no extra charge). Circle one: **0 1 2 3 4**

I have read all of the details associated with this **TWO-SIDED** entry form and agree that my entry abides by all of the statements and warnings enclosed herein.

Signature of swimmer

Date

ENTRY DEADLINE: To be received by Bryan FINLAY by Sunday, August 29th, 2004. Non-certified cheques **MUST** clear the bank before you will be entered in the event.

NO DECK ENTRIES - This is a Provincial Championship ruling that will be enforced.

Make \$35.00 CHEQUE or MONEY ORDER payable to "UWO AQUATIC MASTERS" and mail to:

Bryan FINLAY	Home:	(519) 472-1346
61 Hampton Crescent	e-mail:	stmarys@soloswims.com
LONDON, Ontario		
CANADA, N6H 2P1		

Entries and Results will be posted at <http://soloswims.com/st-marys.htm>

St Marys link: <http://townofstmarys.com>

Stratford link: <http://www.city.stratford.on.ca>