

London Silver Dolphins

Twenty-First 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 Evenings, msoreg@mastersswimmingontario.ca to obtain a registration number, BEFORE SUBMITTING THIS ENTRY-FORM. The race involves 11 counter-clockwise 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 and 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.

Four or five Lifeguards will be on duty: Two or three will be on the water and the others 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.

For safety purposes, the swim will be *limited to the first 70 complete applications and, if necessary, with no more than 40 swimmers per gender*. SNC officials may require two groups, starting 3 minutes apart.

DATE: Sunday, September 10th, 2006

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, white for Fly, Back or Breast. No start without a numbered cap. 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 to 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 will not necessarily be stopped by the referee but **WILL DEFINITELY BE DISQUALIFIED**.

AWARDS: **UWOAM Trophy** for the fastest lady; **Manulife Financial Trophy** for the fastest man.

Ed Thomas Memorial trophies for oldest man & woman completing 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...

