

FIRST ONTARIO MASTERS OPEN CHAMPIONSHIPS

Hosted by.....Alderwood Swim Club Inc.

● Location: Alderwood Swimming Pool (map attached) 255-6071  
25 yd.....6 lanes

Date: November 13th and 14th, 1976.

Rules: C.A.S.A. - Masters Swimming Committee.  
No deck entries - entries must be postmarked by Nov. 6, 1976.  
Swimmers are limited to 3 individual events each day,  
(200 open, relays and 500 yd. not included)

Entry fee: \$1.00 per individual event.  
\$4.00 per relay entry fee. MUST ACCOMPANY ALL ENTRIES.

Events: By age group and time.

Awards: To be announced.

Age Groups: 20-24 25-29 30-34 35-39 40-44  
45-49 50-54 55-59 60-64 65-Over

Relays: 25 yrs. and over.  
35 yrs. and over.  
45 yrs. and over.

● Dinner Dance: Saturday, November 13, 1976 at The Olympium.  
\$20.00 per couple - Limited to 100 couples.  
Please send separate cheque with entries.  
Favours.

Send Entries To: Mr. Ted Roach,  
753 Dodsworth Cres.,  
MISSISSAUGA, Ont.

Tel.No. 416,270-3823.

275-1808

Event No. DAY 1.....November 13, 1976 Event No.  
 Warm-ups...1:00 PM Start...1:30 PM

WOMEN

- 1 200 yd. open (specify stroke)
- 3 50 yd. backstroke
- 5 100 yd. breaststroke
- 7 50 yd. freestyle
- 9 50 yd. butterfly
- 11 100 yd. I.M.
- 13\* 200 yd. freestyle mixed relay (2 men & 2 Ladies)
- 200 yd. freestyle men's relay
- 15 200 yd. freestyle women's relay

MEN

- 2
- 4
- 6
- 8
- 10
- 12
- 13\*
- 14

WOMEN DAY 2.....November 14, 1976  
 Warm-ups...8:30 AM Start...9:00 AM

- 17 500 yd. freestyle
- 19 100 yd. butterfly
- 21 100 yd. backstroke
- 23 50 yd. breaststroke
- 25 100 yd. freestyle
- 27\* 200 yd. medley relay - mixed (2 men & 2 ladies)
- 200 yd. medley relay - men's
- 29 200 yd. medley relay - women's

MEN

- 18
- 20
- 22
- 24
- 26
- 27\*
- 28

First Ontario Masters Open Championships  
 host club.....Alderwood Swim Club