



# BRIGHT'S GROVE ONTARIO Provincial Masters Championship 1.5 km & 3 km OPEN WATER SWIM

Brought to you by Trillium Y Masters Swim Club



## When

**Saturday July 18<sup>th</sup> 2009**

**9:10 am → 10:10 am** – check in and numbering

**9:45 am** – Warm up

**10:30 am** – Roll call and pre-race meeting

**11:00 am** – 3 km race starts

**11:10 am** – 1.5 km race starts

## Where

**Lake Huron at Bright's Grove, Ontario**

The **swim** will take place in Lake Huron. See **page 3** for a description and course map.

The **check-in** will take place at the Bright's Grove School Gym: 2565 Hamilton Road, Bright's Grove. See **page 4** for directions and map.

## Entry

**Deadline** – Friday July 10<sup>th</sup> 2009 (POSITIVELY NO LATE ENTRIES)

**Fee** – The entry fee is \$35

Make cheques payable to Trillium Y Masters Swim Club

**Form** – Complete the form found on **page 2** and mail it along with the entry fee to:

Sue Weir, 3949 Point View Drive, RR #5, Forest, ON, N0N 1J0

(This is a rural address so the mail takes a few extra days to get here.)

**Eligibility** – 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 (tel. 416 944 9226 e-mail [msoreg@mastersswimmingontario.ca](mailto:msoreg@mastersswimmingontario.ca)) to register before entering the meet.

Awards

Awards will be presented during lunch.

MSO medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each age group; ribbons for 4<sup>th</sup> to 8<sup>th</sup>.

Food and Facilities

Lots of good food will be available, including pre-swim coffee and snacks. A **BBQ lunch will be provided to all registered swimmers** and available to non-swimming guests for a charge of \$5. Please pay for guests at the food table. Children eat for free.

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

ENTRY FORM: BRIGHT’S GROVE OPEN WATER SWIM

Name \_\_\_\_\_ Sex: \_\_\_\_\_ Age on December 31<sup>st</sup> 2009 \_\_\_\_\_
Address \_\_\_\_\_ Phone # \_\_\_\_\_
E-mail \_\_\_\_\_
MSO # (or other affiliate) \_\_\_\_\_ Club name \_\_\_\_\_

(Registered masters from other provinces or countries – Include a photocopy of current registration card.)

Distance (circle one) 1.5 km or 3 km Expected no. of non-swimming guests \_\_\_\_\_

Although this is a freestyle competition, course records will be kept for all strokes and age groups. If you wish to swim a stroke other than front crawl indicate by circling the stroke. Back Breast Fly

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 \_\_\_\_\_

## Rules

In accordance with the rules of MSO and MSC

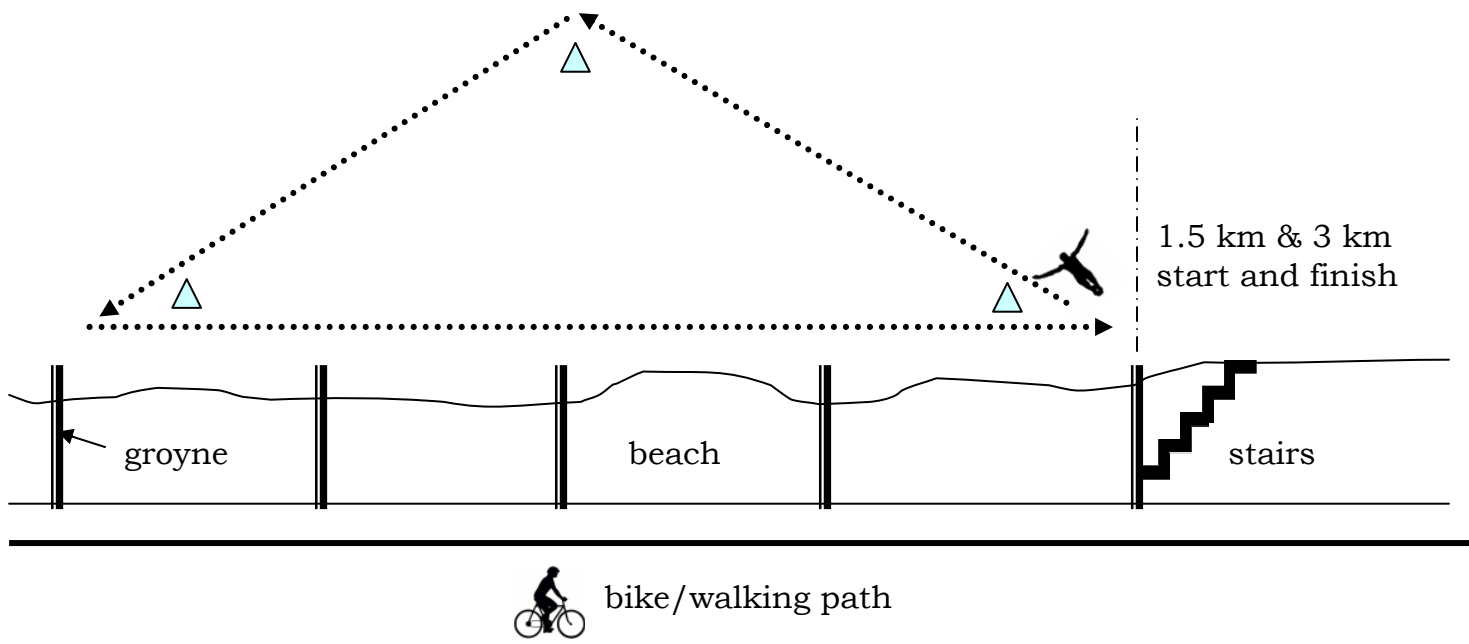
- 🏊 Swim caps will be provided and must be worn by each swimmer during the race.
- 🏊 A number will be inked on the upper arm of each swimmer.
- 🏊 Wet Suits are not permitted. This includes neoprene suits and caps.
- 🏊 Swimmers cannot wear watches or other timing devices.
- 🏊 Swimmers drafting off other swimmers will be disqualified.

## The Course

Three large buoys will mark the 750 m 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 around the course twice; the 3 km competitors will swim the course four times.

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 be no rain date.

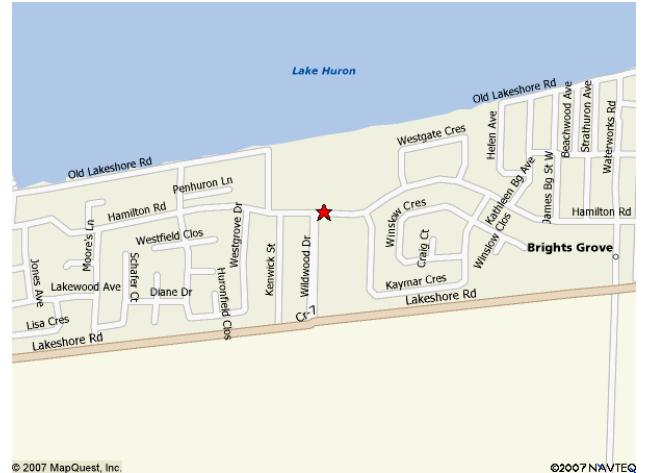
Life guards and both motorized and non-motorized watercrafts will be stationed along the course. Timers and counters will be supplied. No escort craft will be needed.



## Directions

### Directions from 402 east or west

From Hwy 402 take exit #15 (Mandaumin Road/County Road 26) and go north on 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. The school is on the right hand side. 2565 Hamilton Rd.



Planning to stay over night? Here are two suggestions:

The Gables Inn (Kitchenettes – in Sarnia, a 15 minute drive south west of Bright’s Grove)

<http://www.thegablesinn.ca> (519) 542-5523

Country View Motel (Fridges, Camping - 15 min. drive south east of Bright’s Grove)

<http://www.sarnia.com/countryview> (519) 845-3394

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/>

## **More Questions?**

Write the Meet Manager Sue Weir: [sweir@xcelco.on.ca](mailto:sweir@xcelco.on.ca)