

**HtO Thetis Lake Swim for MS
featuring the
MSABC Open Water Provincial Championships**

Sunday, July 26, 2014
Thetis Lake Regional Park
Langford/Victoria, BC

Provincial Championship Races sanctioned by SwimBC: #17970

Hosted by: HtO Thetis Lake Swim for MS
205 – 240 Douglas Street
Victoria, B.C. V8V 2P3
thetislakeswim.wordpress.com

For More Information Contact the Meet Director
Email: thetislakeswim@gmail.com

EVENT INFORMATION

Provincial Championships races sanctioned by SwimBC: #17919	
Sponsored by:	Masters Swim Association of British Columbia
Location:	Thetis Lake Regional Park, Langford (Victoria), British Columbia
Parking:	Ample pay parking is available in the park parking lot as well as the overflow lot.
Date & Time:	Sunday, July 26, 2014. 7:30 am to noon.
Events:	HtO Thetis Lake Swim for MS events will include 800m, 1.5k, 3k and 5k swims. MSABC Open Water Provincial Championships will include a 1.5k and 3k swims.
Eligibility:	The 800m event is open to swimmers 13 to 17. All other events are open to swimmers 18 and older.
Facility Description:	Water temperature approximately 21C, no currents, no waves
Fees:	Super keener registration fee (until July 1) : \$30 Keener registration fee (July 2 nd to 15) : \$35 Regular registration fee (July 16 th to 25 th): \$40
Registration:	a) Swimmers can register online here http://www.eventsonline.ca/events/thetis_lake_swim/ Online registration will close noon July 25 th . Or b) Swimmers can register manually by filling in the attached registration form and mailing it to the Event Director. Manual registration must be received no later than July 23 th . Participants in Provincial Championship races will be registered by the event organizers with SwimBC All entries are non-refundable and non-transferable.
Deadline for Entries:	July 25, 2014. Noon.
Rules:	Current FINA open water swimming regulations will be in effect for Provincial Championship events. Competitor's nails and jewelry will be checked. www.fina.org/rules/english/openwater.php Wetsuit swims are permitted in the HtO Thetis Lake Swim for MS events.
Safety Services:	Certified Lifeguards, Medical Volunteers Canoe and SUP Support Volunteers
Awards:	Medals will be awarded to the top males and females who place the 1 st , 2 nd and 3 rd in each of the Thetis Lake events. Medals will be awarded to males and females who place the 1 st , 2 nd and 3 rd in each age category for the provincial championships. The awards ceremony will start at 11:30am
T-shirts:	Sizes (Men): S M LG XL Sizes (Women): xS S M LG XL Cost : \$25.00 *T-shirts must be ordered by July 16 th , 2014
Inquiries:	Susan Simmons. Email: susan@msathlete.org

	or MJ VanBergen mjvb@telus.net
Meet Referee:	Terry Ryan
Results:	Results will be posted online on the HtO Thetis Lake Swim for MS (http://thetislakeswim.wordpress.com/) and MSABC (http://msabc.ca/) websites
Mandatory Positive Check-in:	Positive Check-In is required for all events 45 minutes prior to the event. All swimmers must to be marked with their number.
Pre-race Briefing:	Race briefings will take place 15 minutes prior to each event on the beach.

LOCAL AREA AND OTHER INFORMATION

Transit:	Public transit from downtown Victoria (www.transitbc.com/regions/vic/)
Directions:	Follow the Trans-Canada Highway from Victoria, and take the Colwood exit. Follow the Island Highway. Turn right on Six Mile Road, which leads to the park entrance.
Refreshments:	Light snacks and fresh water will be provided. Concession Food and drinks may be available for purchase from a limited concession
Hotel Info:	Local Hotels: Comfort Inn Island Highway Accent Inn Victoria (http://www.accentinns.com/victoria/) Bests Western Victoria (http://www.victoriabestwestern.com/)

ORDER OF EVENTS

08:00 am	5k HtO Thetis Lake Swim for MS (non-wetsuit event)
08:15 am	800 meter HtO Thetis Lake Swim for MS
08:30 am	3k HtO Thetis Lake Swim for MS
08:45 am	1.5k HtO Thetis Lake Swim for MS
10:15 am	3k MSABC Provincial Championships (non-wetsuit event)
10:20 am	1.5k MSABC Provincial Championships (non-wetsuit event)

All events are timed finals. Men and women will be seeded together in the same events.

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Registration Form

First Name	Last Name	
Address		
City	Province	
Postal Code	Country	
Phone Number	Alternative Phone Number	
Email Address	MSABC #	
Date of Birth dd/mm/yy	Age on Race Day	Gender M/F
Shirt \$25 each	Youth s/m/l	Adult s/m/l/xl

Select one event

- 800 meter HtO Thetis Lake Swim for MS
- 1.5k HtO Thetis Lake Swim for MS
- 3k HtO Thetis Lake Swim for MS
- 5k HtO Thetis Lake Swim for MS (non-wetsuit event)

- 1.5k MSABC Provincial Championships (non-wetsuit event)
- 3k MSABC Provincial Championships (non-wetsuit event)

\$30 registration fee until July 1, \$35 from July 2nd to 15, \$40 from July 16th to 19th.

Registration must be received prior to July 19, 2014. Please make cheque payable to Thetis Lake Swim and mail to:

C/O MJ VanBergen,
3880 Shelbourne St, 107
Victoria, BC V8P 4H7