

LOCATION & VENUE

Water Front Park
1200 Water St., Kelowna, BC

1.5KM Open Water Swim Circuit (Aug. 19th)

- * 500m loop x 3 laps in protected enclosure of Okanagan Lake

5KM Open Water Swim Circuit (Aug. 20th)

- * 1KM loop x 5 laps in a protected enclosure of Okanagan Lake
- * Mid-August Okanagan Lake temperature: 21-23°C
- * Electronic and manual timing

MEET MANAGER: Laura Garrett
MEET SECRETARY: Connie Stamhuis
OFFICIALS CHAIR: Mike Stamhuis
REFEREE: Sheila Lenceo

REGISTRATION OPTIONS

ONLINE:

www.registrationlogic.com/secure/

Register.aspx?ID=60

MAIL: Okanagan Masters Swim Club
c/o Conny Stamhuis
569 Spruceview Place N.
Kelowna, BC V1V 1S7

cheque made payable to

“Okanagan Masters Swim Club”

INQUIRIES

Email inquiries to:

meet-manager@okmasters.com

You are invited to visit our club website for additional details, updates and local information.

www.okmasters.com

Sanction No. **10684**

HOST



SPONSORS



image design

KELOWNA APPLE 1.5 & 5K OPEN WATER SWIM INVITATIONAL AUGUST 19 & 20, 2011

WATER FRONT PARK
KELOWNA, BC



Hosted by



www.okmasters.com

KELOWNA APPLE OPEN WATER SWIM

ELIGIBILITY

- * **Age Group** swimmers registered with a Provincial, State or National Competitive Winter Swimming Organization. Must be at least **10** years of age as of Aug. 19, 2011.
 - must be **13** years of age and older to be eligible for the 5K swim
 - must be **10** years of age and older to be eligible for the 1.5K swim
- * **Master** swimmers registered with a Provincial, State or National Competitive Winter Swimming Organization. Must be at least **18** years of age as of Aug. 19, 2011.
- * **Non-registered** swimmers (ages noted above) are eligible to compete by paying a \$5.00 race day sanctioning fee to Swim BC.

RULES

Current FINA Open Water Swimming Regulations
www.fina.org/rules/english/openwater.php
Wetsuit swims will be exhibition only

SAFETY SERVICES

Certified Lifeguards, Medical Volunteers
Canoe & Kayak Support Volunteers

AWARDS

- 1st to 8th place ribbons per age group and gender:
- * Age Group: 10, 11-12, 13-14, 15-16, 17-18
 - * Masters: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

SCRATCHES

Club coaches are to supply competitor scratches to the Clerk of Course no later than the pre-race briefing.

SCHEDULE OF EVENTS

Friday, August 19

- 5:30 PM Pre-race check in and body marking**
- 6:00 PM 1.5K Pre-race briefing**
 - * Tug Boat Beach at Water Front Park
 - * Athletes' and coaches' briefing by officials
 - * Safety briefing
- 6:45 PM 1.5K Women Starting**
- 6:48 PM 1.5K Men Starting**

Saturday, August 20

- 9:30 AM Pre-race check in and body marking**
- 10:15 AM 5K Pre-race briefing**
 - * Tug Boat Beach at Water Front Park
 - * Athletes' and coaches' briefing by officials
 - * Safety briefing
- 10:45 AM 5K Women Starting**
- 10:48 AM 5K Men Starting**



MEET FEES

- * **Entry deadline: Monday Aug. 15, 2011.**
There is **no** day of race registration.
- * No Refunds Available
- Master Swimmers (18 yrs. & older)**
 - * registered with a Provincial, State or National Masters Swimming Organization. **\$35.00**
 - * Non registered Master swimmers. **\$40.00**
- Age Group Swimmers (min.10 yrs)**
 - * registered with a Provincial, State or National Winter Swimming Organization. **\$30.00**
 - * Non registered Age Group swimmers. **\$35.00**



SOUVENIRS

- * Short-sleeved 'T' shirt (*prior to Aug. 15, '2011*)
\$15.00
- * Commemorative 'T' shirt at venue (*limited supply*)
\$20.00

PARKING

Parking information (note: road closures in effect for triathlon)
<http://www.appletriathlon.com/>