



**56<sup>th</sup> ANNUAL CROSS RIVER SWIM**



**Saturday, July 31<sup>st</sup>, 2010**

PHONE: 613-584-2000 ext 103  
FAX: 613-584-3237

**Rules and General Information**

1. Each swimmer must be accompanied by a boat (not motorboat), occupied by at least two responsible persons with lifejackets. The boat is also to be equipped with one of the following reaching assists: ringbuoy, oar, heaving line, pole, paddle, etc.
2. The swim will commence no later than 9:00 am from Indian Point. Swimmers, boats, etc. must be there well in advance of the starting time and for the briefing session at 8:45 am.
3. Each swimmer is responsible for obtaining his/her own boat and being at Indian Point no later than 8:45 am. The Swim Director reserves the right to commence the swim not later than 9:00 am.
4. The finish line will be between two orange markers in front of Centennial Terrace.
5. Presentation of awards will take place at Centennial Terrace immediately following the swim.
6. Individuals entering the swim must complete the registration form below and submit it to the Recreation Department in the Municipal Building, Box 400, Deep River, **on or before 12 noon on WEDNESDAY, JULY 28<sup>th</sup>, 2010 after which a \$10.00 late fee will be charged.**
7. The Cross River swim is open to both residents and non-residents of Deep River.
8. There is an entry fee of \$17.00 per swimmer.
9. Please enclose all fees with registration form (cheques payable to the Town of Deep River).

**NOTE: Swimmers should be capable of completing the swim in a maximum time of 1-1/2 hours.**

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PLEASE PRINT CLEARLY

Name of Swimmer \_\_\_\_\_

Permanent Address \_\_\_\_\_ Box \_\_\_\_\_ Phone \_\_\_\_\_

Temporary Address \_\_\_\_\_ Box \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ day \_\_\_\_\_ month \_\_\_\_\_ year

E-Mail Address \_\_\_\_\_

Names of two people to accompany in boat:

\_\_\_\_\_

Signature: \_\_\_\_\_

**Entrants under 18 years of age** must have parent's permission.

I give my son/daughter permission to enter the 56<sup>th</sup> Annual Cross River Swim on Saturday, July 31<sup>st</sup>, 2010.

Parent's Signature \_\_\_\_\_

Are you a member of a competitive swim club? Yes \_\_\_\_\_ No \_\_\_\_\_