

Swim NS & NSLS would like to thank
the following for their contributions:

All volunteers & officials

All lifeguards

All participants

DIRECTIONS TO KEARNEY LAKE

Take exit 2 (Kearney Lake Rd exit) off
highway 102, coming from Halifax turn left,
coming from the Truro direction turn right,
turn left onto Hamshaw Rd (waterfront
park/lake is on the right).

- Rash vests are allowed.
- Wet suits may be worn, but swimmers
will be designated as exhibition.

Brought to You By:



Nova Scotia

www.swimnovascotia.com



www.nsls.ns.ca

Thank you to HRM Aquatics
for their support.



2008 Open Water Swimming Event #1

July 7, 2008

Kearney Lake

Halifax, Nova Scotia

2008 Open Water Swimming Event
Monday, July 7, 2008
Kearney Lake, Halifax, N.S.

Who: All Swimmers and Triathletes

When: Monday, July 7, 2008



Where: Kearney Lake Beach
Halifax, Nova Scotia

When: 8:00 am registration,
8:30 am - 5 km start
8:45 am - 2 km start
8:50 am - 1 km start

What: 1 km, 2km and 5km open water races

Cost: \$ 5 East Coast Championships
Participants Pre-registration
only
\$15 Youth
\$20 pre-registration
\$20 after June 29 (Youth)
\$25 after June 29

Prize Categories:

-  Top Male & Female Swimmers
-  Youth 10-13 years (1 km only)

Rain or shine!



RACE REGISTRATION

NAME: _____

PHONE: _____

EMAIL ADDRESS: _____

AGE (as of July 7): _____

EVENT: [] 1 KM [] 2 KM [] 5 KM

All competitors will receive a participant package.

Please make cheque payable to:

SWIM NOVA SCOTIA

and submit this portion to:

Swim Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, N.S. B3J 1G6

For more information please call

Swim Nova Scotia

(902) 425-5450 ext. 314

Or email summerswim@sportnovascotia.ca
www.swimnovascotia.com

PRE-REGISTRATION DEADLINE:

June 29, 2008

\$5 East Coast Participants

\$15/\$20 Registration, \$20/\$25 after June 29th

