

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).

2005 Open Water Swimming Event #1

Brought to You By:

July 14, 2005

Kearney Lake

Halifax, Nova Scotia



www.swimnovascotia.com



www.nsls.ns.ca

2005 Open Water Swimming Event

Thursday, July 14, 2005
Kearney Lake, Halifax, N.S.

Who: All Swimmers and Triathletes

When: Thursday, July 14, 2005

Where: Kearney Lake Beach
Halifax, Nova Scotia

When: 5:45 pm registration,
6:30 pm start

What: 2km and 5km open water races

Cost: \$25 pre-registration
\$30 after July 8th

Prize Categories:

🏊 Top Male & Female Swimmers

🏊 12-18 years

🏊 19-30 years

🏊 31-40 years

🏊 41-50 years

🏊 51-60 years

🏊 61 + years

Rain or shine!

RACE REGISTRATION

NAME: _____

PHONE: _____

EMAIL ADDRESS: _____

AGE (as of July 14): _____

EVENT: [] 2 KM [] 5 KM

All competitors will receive a participant package.

TOWEL: ___ OR

T-SHIRT SIZE:

___ S ___ M ___ L ___ XL

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 swimming@sportnovascotia.ca
www.swimnovascotia.com*

PRE-REGISTRATION DEADLINE:

July 8, 2005

\$25 Registration, \$30 after July 8th