

three island swim

a fun challenge

Now a fixture on the August long weekend, this is the 14th annual three island swim. We start at the Yacht Club dock and swim around three islands covering 3 kilometres. So mark this on your calendar and prepare for a fun challenge. We finish with food, draw prizes and recognition awards.

This year the swim will be on a new date. This will give us all time to recover from the dance! It's about participation, fun, and proudly hearing the Yacht Club bell ring as you finish.

relay relay relay

If you prefer the social over the endurance aspect of the three island swim, then include two others and make a relay out of it. Bring some friends along and split the distance!

spotters required

One ingredient for success is the spotter to cheer you on and guide you. Behind every good swimmer is a great spotter!

Monday August 4, 2003
starts 12:00 noon at the Yacht Club dock



two arms • three islands • three kilometers
one strong desire to finish!

info!

Preregister for \$10 and order your commemorative three island swim clothing. Every year it is something new and cool! Why not order for your trusty spotter as well? The three island swim is open to sponsorship with proceeds going to the *Celebrating a century of summers* capital campaign. For further information, please contact Don Konantz at (604) 926-5701 or email dkonantz@netcom.ca