



three island swim

**SATURDAY
JULY 30 2005
11am • RLWYC**

15th ANNUAL

Jump in at the Yacht Club dock, 11am sharp and swim around three islands covering 3 kilometres. We finish with food, draw prizes and recognition awards! Everyone welcome! Registration begins at 10am.

relay relay relay

Grab your friends and create your own relay team! All ages...and outfits...welcome.

spotters required

One key to success is your spotter to cheer you on and guide you. Non motorized boats preferred.

registration

Preregister for \$10 and order your three island swim clothing for you and your trusty spotter! There will be a 50/50 draw with proceeds going to the Yacht Club.

info

Contact Don Konantz at 604 926-5701 or email dkonantz@allstream.net or at the lake, 807 548-5004.