

Swim or Splash with the Regina Optimist Dolphin Swim Club

REGINA OPTIMIST DOLPHIN SWIM CLUB (RODS)

The Regina Optimist Dolphin Swim Club (RODS) is one of the finest swim clubs in Canada.

Since 1967, many Regina youths have enjoyed the benefits and challenges of participating in our developmental and competitive swim programs. RODS is as much a youth organization as it is a swim club. **PRIDE, DISCIPLINE, LOYALTY and COMMITMENT** are learned and experienced at every level in the club and lay a foundation of "Dedication towards Excellence". This character-building process allows our swimmers to become self-confident, self-determined, goal-oriented individuals. Over the years many notable swimmers have come up through the program and gone on to do amazing things.

EVENT TIMELINE

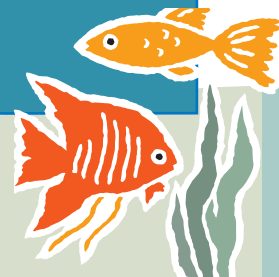
Registration starts at 11:00 a.m.

Deep Tank	Shallow Tank	Kids Pool
12:15 - 1:15 4000m faster	12:15 - 2:15 4000m slower	
1:30 - 2:30 1500m/800m/ 400m	2:30 - 3:30 4x2000m Relay	1:30 - 3:30 10 & Under
2:45 - 3:15 4 x100m Relay		
3:30 - 4:00 Cannonball Jump		

Prize draw and meals: 4:15 to 5:00

EVENTS

- **4000m Ironman:** (160 lengths): advanced swimmers training 3 or 4 days/week. Prizes for Top Male and Top Female Under 15, Open, 40+
- **1500m Olympic Distance:** (60 lengths): beginner to intermediate swimmers
- **800m Half-Olympic Distance:** (32 lengths): beginner to intermediate swimmers
- **400m Sprint Distance:** (16 lengths): very fast or beginning swimmers
- **200m/100m:** 10 and under swimmers in the shallow pool (with or without flutter boards)
- **4X100m Team Fun Relay (swim 25m at a time, in any order, 4 times in total):** an ideal competitive challenge for a group of friends or colleagues (flutter boards available)
- **2000m Team Relay (a joint effort to complete 80 lengths):** a fun challenge for friends (swimmer must leave the water before the next one enters)
- **Cannonball Jump Contest:** Jump from the lower diving boards. Age groups are as follows: Youth (Ages 16 & under), Intermediate (Ages 17 to 21) and Adult (over 21). Top 3 competitors from each group advance to finals. A 2008 Cannonball Champion will be named from each age group.
- **Top Fundraiser:** every \$100 raised in pledges receives one ticket for a chance to win door prizes
- **Free Event Entry:** \$250.00 or more in pledges



2008 QUEEN CITY SWIM CHALLENGE



Sunday
April 20, 2008
12 - 5 pm

Lawson Aquatic Centre

(Proceeds to the Regina Optimist Dolphin Swim Club and
North Central Community Association)



Regina Optimist Dolphin Swim Club
Lawson Aquatic Centre (P.O. Box 1964) 1717 Elphinstone Street
Regina, SK S4P 2E1

FUNDRAISING OPTION (PRINT CLEARLY)

All pledges must be submitted no later than April 20th (prior to event start) to be eligible for fundraising prizes. **Event entry fee will be waived for pledges of \$250.00 or over.** Swim Canada tax receipts issued. Cheques payable to Regina Optimist Dolphin Swim Club.

PLEDGE FORM:

Participant Name: _____

Address: _____ P/C: _____

Phone Number: _____ E-Mail: _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

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Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Donor's Name _____ Amount \$ _____

Address _____ City _____ Postal Code _____

Total pledged amount: _____

REGISTRATION FORM

(PLEASE INCLUDE ENTRY FEE)

Name: _____

Address: _____

City & PC: _____

E-mail: _____

Phone: _____

Registered with SNC: Yes No

Swim Club: _____

Estimated Swim Time: _____

Media Name: _____
Relay Team Name or CannonBall Jump only

Name (Swimmer 1): _____

Name (Swimmer 2): _____

Name (Swimmer 3): _____

Name (Swimmer 4): _____

Any relay swimmers not registered with SNC, please list name and date of birth below:

Please list t-shirt sizes for all swimmers (XS - XL):

of Meal Tickets: _____

Privacy Statement: The Regina Optimist Dolphin Swim Club is the sole owner of information collected. Information will not be sold, rented, loaned, traded or otherwise disclosed in any way.

Registration Fees: Early Bird payment by **March 21**. Entries must be received by **April 18**. All Event fees (except Cannonball Jump entries) include swim cap, t-shirt and meal. Non-Swim Canada (SNC) registrants pay extra \$5 insurance fee. Meal optional. Participants receive a QCSC Certificate of Participation with their event and time. Maximum 5 swimmers/lane, maximum swim time 2 hours.

Please send registration with payment to: (cheques payable to Regina Optimist Dolphin Swim Club).

Regina Optimist Dolphin Swim Club
Box 1964
Regina, SK S4P-2E1
Phone: 586-3909 Fax: 757-8776

FEES

Event (please indicate with check mark which events you are entering)

4000m	1500m	800m	400m	RODS	4x100 Relay	2000m Relay	Junior Fun (100/200m)	Cannonball Jump	Adult Cannonball Jump
\$55	\$45	\$35	\$30	\$25	\$190	\$200	N/C	\$5 (3 jumps)	\$25/jump

Sub-Total Entry Fee: _____

Early Bird Entry by March 21 (subtract \$5): _____

No Meal (subtract \$5): _____

Non Swim Canada Registration (add \$5): _____

Additional T-shirt (add \$15): _____

Additional Meal (add \$10): _____

Total Entry Fee: _____

\$250 or more in Pledges = no entry fee: _____

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Entry forms with applicable fees must be received on or before April 18. Race packages can be picked up beginning 11:00 a.m. on April 20. Race assignments based on estimated swim times will be available on-line at <http://users.accesscomm.ca/rods/QCswimchallenge>, or time of registration. Swimmers will have a 10 minute warm-up. Maximum 5 swimmers/lane. Maximum swim time is 2 hours.

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