

East Area Family YMCA
2009



YMCA ONEIDA SHORES OPEN WATER SWIM

This Saturday, June 13, 2009 the East Area Family YMCA is proud to present its Annual YMCA Oneida Shores Open Water Swim (YOSOWS). Swimmers will be swimming out of beautiful Oneida Shores. The swim start time is 8:30 am. This swim will provide an opportunity for swimmers of all ages to challenge their physical and mental abilities while at the same time raise money for the East Area Family YMCA Partner with Youth Campaign. Contributions will be used to support the YMCA's Inclusion program, Y Kids Inc. Y Kids Inc. serves 150 kids a year where 36 are served at the East Area Family YMCA. We currently have over 20 children with developmental disabilities waiting for services.

This year's event will host two distances, a 1500 meter (Olympic Triathlon swim distance) and 800 meter (Sprint Triathlon swim distance). Youth swimmers must be a USA registered swimmer. Order of start will be 1500 m, 800 m and then the Youth 200 m. Number of heats will be determined based on number of entries. There will be a separate heat for Master swimmers. Parents entering young swimmers please be advised that there will be lifeguards provided to provide proper safety standards for all swimmers.

Fees:

Early bird registration	\$30.00	Received by May 18 th
Registration	\$35.00	Received by June 11 th

Your registration fee includes a short-sleeve T-shirt and color coded race cap!

If you have any questions or are a swimmer knowing anyone one who would like to volunteer either on the beach or in the water with their boat, please call Mathew Engineeri at 315-637-2025 x 217

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