



SWIM THE CANAL

SWIMMER INFORMATION



[Click for Online Registration](#)

Revised: August 1st, 2016

Register before July 16th to ensure you get your correct T-shirt size!

Early registration and payment is \$15 (\$16 online)

Registration is \$20 if you pay on August 6th

During online registration or pre-registration in St. Peter's you should have:

- Paid your entrance fee
- Indicated your t-shirt size
- Signed your waiver
- Selected your swim route
- Been encouraged to have a spotter watch you during the swim and have a towel for you as you leave the water.

Immediately following the Swim there will be a Wild Axe AXExperience provided by our very own Nova Scotia Lumberjack Darren Hudson, with *active participation*.

Onsite Registration opens at 1:00 pm on Saturday August 6th at the Battery Park side of the Canal.

During onsite registration you will:

- Be checked off the pre-registration list, complete your partial registration or sign up as new registrant.
- Receive your tattoo number (used to make sure we don't lose anyone).
- Be encouraged to have a partner watching you while you swim through the canal
- There will be lots to do during registration (Face painting, balloon animals, cotton candy, Taekwondo seminar and "Swim the Canal" t-shirt sales to raise funds for the Lighthouse.
- A barbeque will be set up by the L'Ardoise Jolly Club with hot dogs, water & pop.

And the Swim Begins!

Swimmers will be assembled at Battery Park Beach in their respective groups by the Emcee starting at 2:40 and the slower swimmers will leave first and be transported to the lake side of the canal to begin the swim about 3:00pm.

Group #1 - long swim – fun; Group#2 - long swim – cardio; Group#3 - width swim

Group #1 is the fair swimmers and will load on the school bus at about 2:50pm. They will be transported to the lake side of the canal and receive a safety orientation during the ride. They will enter the water at 3:00 pm.

Group#2 is the good swimmers and will load on the school bus at about 3:10 pm. They will go through the same routine as group#1.

Groups 1&2 will enter the canal lock and then the signing will begin. **CAUTION:** Watch out for stray lumberjacks.

In the lock please stay back from the front doors as there will be a swift current when the lock gates open.

Once the doors open GROUP#3 will start their width swim from Battery Park beach to the canal wall and back.

Once you reach the beach there will be water and fresh fruit provided. Your spotter will be there with a towel.

Next please proceed to the registration desk to have your number recorded as completed and to receive your t-shirt.

SPECTATOR INFORMATION

There is so much more for spectators this year. Not only can you watch your loved ones Swimming in the Canal but you can shop and eat as well. Come on down to the canal for:

- Kempie Larades will do a Taekwondo seminar
- Cotton Candy and more fun Food
- Barbeque provided by the L'Ardoise Jolly Club
- Swim the Canal T-shirt sales (In support of Jerome Point Lighthouse).
- Axe throwing with Darren Hudson