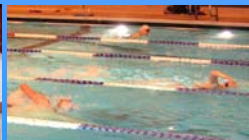




**PRESENTS:**

**2009**

# 5K CHALLENGE



**SOLO 5K SWIM  
OR  
5 x 1000M RELAY**

**HYDE CREEK RECREATION CENTRE  
SATURDAY, NOVEMBER 21**



Visit [www.experiencet.ca](http://www.experiencet.ca) FOR MORE INFORMATION

# 5K CHALLENGE



# 2009

## REGISTRATION INFORMATION

### 5k Solo Swimmers

Regular Entry - \$13.50

Late Entry - \$20.00

### Relay Team (5 members)

Regular Entry - \$40.00

Late Entry - \$50.00

**Regular Registration until 12:00am November 15**  
**Entry fee includes an event souvenir!**  
**(It's a surprise!)**

**To Register:**  
**Call 604-927-SWIM (7946)**  
**or**  
**Visit [www.experienceit.ca](http://www.experienceit.ca)**

## EVENT INFORMATION

The swim starts at 6:00am on November 21 at Hyde Creek Recreation Centre. Change facilities are open at 5:30am.

If you want to bring a friend to help you count laps, they are always welcome! We'll even provide them with some food and drinks!

Stick around afterwards for draw prizes! They will be drawn at 8:10am.

Hot Tub & Sauna are available for use after your swim.



**WWW.EXPERIENCEIT.CA FOR MORE INFORMATION**