



present:

2009 Masters Box Lacrosse championships

July 3-5

Duncan BC

General:

For 2009, the Western Canadian Master's Box Lacrosse Championships will be hosted by the Cowichan River Rats Masters Lacrosse team in beautiful Duncan BC. Below are the details of the tournament. If you have any questions pls email Al Slang at alan.slang@raymondjames.ca or call 1 877 257 5264.

BC Masters Lacrosse (age 35+):

- BC Masters Rules: limited contact, 1st to ball, no dangerous shots, no hard shell shoulder caps

Divisions:

- Three divisions of play will be represents. Div. A, Div. B (tiers 1& 2) and Grand Masters (age 45+).

BCLA registration required:

- All players must be “carded” to play. Contact Commissioner Joe Willmott for reg.cards (jdwillmott@telus.net).

Team rosters submitted by June 2nd:

- Maximum team roster at 20 players (*include jersey numbers*)
- Players not listed on roster before 1st game are ineligible to play tourni.
- Game balls will be supplied. 5 minute warm up. Games must start on time.

Registration:

- Tournament fee of \$850 per team is required by May 22nd 2009. Make payable to: ***River Rats Lacrosse Club***.

Game Format:

- Games commence on Friday (See attached schedule) with each team playing minimum 3 games in each division. Additional games for those in the finals on Sunday. Games will be 2x15 min. and one 20 min. running time periods with 5 min. breaks between periods and a 5 minute warm up. Last 5 minutes of the 3rd period will be stop time if there is a less-than-5 goal differential.
- **Tournament banquet** will be prepared on Saturday Night.
- **Awards presentation** will commence Sunday after completion of the finals.
- **Beer Gardens** will be run during tournament.
- **Accommodations:** (*see attached*)

Accommodation in the beautiful Cowichan Valley:

The Cowichan Valley has a number of comfortable hotels and motels in the immediate vicinity. If you would rather camp, there are government and private camping facilities in the area. Listed below are some of what Cowichan has to offer your team.

Hotels and motels:

Oceanfront Grand Resort
15 minutes from Cowichan Sportsplex
1 800 663 7898
www.thegrandresort.com

Travelodge Silver Bridge Inn
5 minutes from Cowichan Sportsplex
www.travelodgeduncan.com

Best Western Chemainus Festival Inn
20 minutes from Cowichan Sportsplex
1 877 246 4181
www.festivalinn.ca

Best Western Cowichan Valley Inn
10 minutes from Cowichan Sportsplex
1 800 927 6199
www.bestwesternbc.com/hotels/best-western-cowichan-valley-inn

Thunderbird Motel Inn
2 minutes from Cowichan Sportsplex
1 877 748 8192
www.thunderbirdmotorinn.ca

Falcon Nest Motel
5 minutes from Cowichan Sportsplex
1 250 748 8188
www.falconnestmotel.com

Pls call me directly for *campsite information* (1 877 257 5264)

Getting Here:

Duncan is located approximately 50 minutes from the Schwartz Bay Ferry terminal in Sydney BC , 35 minutes from the Duke Pt Ferry terminal in Nanaimo and 50 minutes from the Departure Bay, Nanaimo ferry terminal. See www.bcf ferries.com for details on travel. For those flying, Harbour air seaplanes (www.harbour-air.com) and Saltspring air (www.saltspringair.com) both fly directly into Maple Bay in Duncan.

Duncan and surrounding area has many good places to eat or get a beer. In addition, the tournament banquet will be featured on Saturday night.

This year's tournament is shaping up to be one of the best. Register early to secure a spot!

BC Master's Box Lacrosse tournament (july 3-5, 2009)

Team Roster and Registration:

Reg. fee \$850/team, due May 22nd 2009. Team Rosters due June 2nd 2009

Players not listed ON ROSTER prior to first game-not tournament eligible

Team Name : Contact :

Telephone : Email :

	Player Name	Jersey # and color	Age	T shirt pre-order (add \$10/person)	Player Experience level
1				Size:	
2				Size:	
3				Size:	
4				Size:	
5				Size:	
6				Size:	
7				Size:	
8				Size:	
9				Size:	
10				Size:	
11				Size:	
12				Size:	
13				Size:	
14				Size:	
15				Size:	
16				Size:	
17				Size:	
18				Size:	
19				Size:	
20				Size:	

- **T-shirts are pre-order only. No on-site sales. Deadline June 2nd.**
- **Send registration to : A. Slang c/o Raymond James inc. 351 Festubert St, Duncan BC V9L 3T1**
- *Ph: 1 877 257 5264*
- *Email alan.slang@raymondjames.ca*

2009 BC Masters Box Lacrosse Championship

Game schedule:

Games will be played by all teams during the following times:

Friday: 5:30pm – 11:30pm

Saturday: 9:00am – 9:00pm

Sunday: 9:30am – 3:30pm

Any questions or concerns should be directed to:

Al Slang

Ph:1 877 257 5264

Email: alan.slang@raymondjames.ca

