

MILTON MASTERS AQUATIC CLUB
12th ANNUAL SPRING SPLASH
Sunday 8th March 2009 (Deadline Feb.20)
ENTRY FORM

Emailed and Hy-Tech entries are permitted, however, payment must be received NO LATER THAN Friday 27th February...if not, then entries will be removed and deck entry fee (if accepted) must be paid !!

SCHEDULE OF EVENTS (max 6 individual events per swimmer plus relays)

EVENT #	EVENT NAME	SEED TIME
1	100m Back	
2	200m Medley relay (Women's)	
3	200m Medley relay (Men's)	
4	100m Free	
5	200m I.M.	
6	50m Back	
7	100m Breast	
8	50m Fly	
9	200m Free (No fly,back ,breast or I.M.'s)	
10	50m Breast	
11	100m Fly	
12	100m I.M.	
13	200m Open (Fly,Back or Breast) *	
14	50m Free	
15	200m Free relay (Women's)	
16	200m Free relay (Men's)	
17	400m Free**	

* Please state stroke to be swum (NO FREE OR IM)...if not specified, the entry will NOT be accepted and NO DECK ENTRY will be allowed.

** May be swum 2 per lane

ATHLETE WAIVER AND RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Milton Masters Aquatic Club, Milton Marlin Swim Team, Masters Swimming Ontario and Masters Swimming

Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signature _____ Date _____
Name _____ Club _____ MSO # _____
D.O.B. (dd/mm/yr) _____ Age (on Dec 31,2009) _____ Sex:M/F _____
Home Phone _____
Email _____

Mail with \$30 cheque payable to MMST to:
Laura Goodman
100 Manley Lane,
Milton, ON, L9T 5N9