



## ARTHUR INGLIS TECHNOSPORT INVITATIONAL

**THEME:** Open Short Course Meters Invitational Swim Meet  
"Sanctioned by Masters Swimming Ontario and open to all registered Masters swimmers 18 years of age and over."

**DATE:** Saturday, March 7, 2009

**LOCATION:** UNIVERSITY OF OTTAWA  
Montpetit Hall  
125 University Private (west of King Edward St.)

**TIME:** 7:45 a.m. Warm-up  
8:30 a.m. Start  
11:00 a.m. Finish

**AWARDS:** Certificate of Achievement Award for each age group

**FREE** Breakfast after swim meet

**Entry Fee:** \$35.00 flat fee----**LATE DECK ENTRY \$40.00**

**Entries:** Due by Wednesday, February 25/2009

**Events:** Events Seeded by Time  
Individual Events - Men & Women Mixed  
Heats Swum Slowest to Fastest  
Limit of 5 individual and 1 relay event

Cheque to be made payable to:

TECHNOSPORT  
1094 Castle Hill Cresc.  
Ottawa, Ont. K2C 2A8

Phone: (613) 769-4204

E-mail: [technosport@rogers.com](mailto:technosport@rogers.com)

Web Site: [www.technosport.ca](http://www.technosport.ca) (online registration)

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Saturday, March 7, 2009

## SCHEDULE OF EVENTS

Please Enter Entry Time

1. 200 Free.....
2. 50 Fly.....
3. 100 Back.....
4. 50 Breast.....
5. 50 Free.....
6. 100 Breast.....
7. 50 Back.....
8. 200 I M.....
9. 100 Fly.....
10. 100 Free.....
11. 200 Choice Relay .....

### ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the TECHNOSPORT Masters, Master Swimming Ontario and Master 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.

Name: \_\_\_\_\_ Club \_\_\_\_\_ MSO# \_\_\_\_\_

Or other affiliation

Address: \_\_\_\_\_ Age as of Dec.31 2009: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

e-mail: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_