



## 4 K OPEN WATER SWIM

"Not Sanctioned by Masters Swimming Ontario but governed by its rules and open to all swimmers of age ages."

DATE: Saturday, August 7, 2010

LOCATION: MEECH LAKE Blanchet Beach (15 minutes North of Ottawa)

TIME: 7:30 a.m. Check-in, Numbering, Briefing & Warm-up  
8:00 a.m. Start

AWARDS: For all age groups - Top Male/Female

REFRESHMENTS: FREE BRUNCH

### INFORMATION

The race involves a straight 4000 meter course. Water temperature has been approximately 75 degrees at this time. There are changing and good toilet facilities. No showers or lockers are available.

Safety and supervision on land and in boats will be provided.

Swim caps will be provided for each swimmer and must be worn for identification purposes during the race. A number will also be inked on the upper back of each swimmer. In accordance with the rules of Masters Swimming Ontario and Masters Swimming Canada.

Entry Fee: \$40.00

**Late Entry Fee: \$45.00**

Entries: Due by Wednesday, July 28, 2010

Cheque to be made payable to:

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

Phone: (613) 769-4204

E-mail: [info@technosport.ca](mailto:info@technosport.ca)

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

# ENTRY & WAIVER FORM

## 4 K OPEN WATER SWIM

Saturday, August 7, 2010

Please Enter Entry Time

3000 Free.....

### 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 2010: \_\_\_\_\_

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

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

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

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