

Registration Deadline:
February 3, 2003
www.gayottawa.com/Speedeaus

SWIMMERS IN HEATS 2003 J OTTAWA, CANADA

Sanctioned by Masters Swimming Ontario (Feb 15, 2003)

NAME _____ GENDER: M _____ F _____

ADDRESS _____

CITY _____ PROV/STATE _____ POSTAL CODE _____

Telephone: (H) _____ (W) _____ E-MAIL _____

BIRTHDAY (dd/mm/yyyy) _____ TEAM _____ MASTERS SWIM # _____

HOUSING

Do you smoke? Y___N___ Will you billet with a host that smokes? Y___N___ Do you require parking? Y___N___
Any allergies (e.g., animals) or special needs (e.g., accessible housing)? _____
Are you coming with a friend? Y___N___ Name of friend _____ Will he/she volunteer? Y___N___
Would you like the same host as last year? Y___N___ No preference _____ Name of host _____
Désirez-vous un hôte francophone? Oui ___ Non ___ Aucune préférence _____

SOCIAL ACTIVITIES

___ I'm interested in *Skating on the Canal*.
___ I'm interested in the *Women's Saturday Night Dinner*.

EVENTS

Specify times for up to 6 events (in addition to relays). Swimmers without times will be seeded at the beginning of the event.
To convert *yards* times to *meters* times, multiply by 1.149. Heats will be combined women and men. Short Course 25 Meter Pool

No	EVENT	TIME	No	EVENT	TIME	No	EVENT	TIME
1	800 M FREE (Max. 3 Heats)		9	400 M IM		16	50 M FREE	
2	50 M BACK		10	4X50 M FREE RELAY	ON DECK	17	200 M BACK	
3	*25 M FREE (Novice Swimmers Only)			PAUSE		18	100 M BUTTERFLY	
4	200 M IM		11	200 M FREE		19	50 M BREAST	
5	100 M FREE		12	100 M BACK		20	25 M BUTTERFLY	
6	50 M BUTTERFLY		13	200 M BREAST		21	400 M FREE	
7	100 M BREAST		14	100 M IM		22	4x50 MEDLEY RELAY	ON DECK
8	*25 M BREAST (Novice Swimmers Only)		15	*25 M BACK (Novice Swimmers Only)				

* NO POINTS WILL BE AWARDED FOR NOVICE EVENTS. See the **General Swim Meet Information** page for detailed Scoring information.

FEES

(Make checks payable to "Swimmers in Heats")

Participant fee	\$25CDN/\$20US	
Saturday Dance (FREE for all Registered Swimmers) \$10 CDN at the door	___ X \$8CDM/\$6 US	
Sunday Awards Brunch	___ X \$30CDM/\$25US	
Late registration fee (after Feb. 4, 2002)	\$10CDN/\$8US	
	TOTAL	

1. COMPLETED AND SIGNED REGISTRATION FORM.
2. CHEQUE PAYABLE TO **SWIMMERS IN HEATS**
3. PHOTOCOPY OF 2003 MASTERS SWIMMING CARD.

SEND IT ALL TO: **Jeffrey Cucksey (613) 230-4473**
SWIMMERS IN HEATS
28 LORNE AVE.
OTTAWA, ONTARIO K1R 7G7

Pool Location: University of Ottawa, Montpetit Hall, 125 University, Ottawa, Ontario

Date / Times: Feb. 15th, 2003 -- Warm up time 8:30 AM -- Event #1 starts at 9:15 AM

I, the undersigned, intending to be legally bound, hereby certify that I am aware of all the risks inherent in masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this masters meet or any activities incident thereto or against Master's Swimming Ontario, Time Out, the Ottawa Rideau Speedeaus Swim Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of my participation in this masters swim meet.

Signature (required) _____ **Date** _____