

MILTON MASTERS AQUATIC CLUB
10th ANNUAL SPRING SPLASH, March 4th 2007 (Deadline Feb.16)
ENTRY FORM

SCHEDULE OF EVENTS (5 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* | |

*-may be swum two 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 Marlins 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 31,2007) _____ Sex:M/F _____

Home Phone _____

e-mail _____

Mail with \$25 cheque payable to MMST

2727 #3 Sideroad, RR #3
 Campbellville, Ontario L2P 1B0

