



### 3 K OPEN WATER SWIM

Open to all registered Master Swimmers and Triathletes from 20 - 80+

DATE: Saturday, July 13, 2002

LOCATION: MEECH LAKE ( 15 minutes North of Ottawa)

TIME: 8:30 a.m. Check-in, Numbering, & Warm-up  
9:00 a.m. Briefing  
9:15 a.m. Start

AWARDS: Ribbons for each age group - Top 3

REFRESHMENTS: FREE PICNIC CELEBRATION

#### ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge TECHNOSPORT 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: \_\_\_\_\_

Address: \_\_\_\_\_ Age (as of meet): \_\_\_\_\_

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

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

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

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

## INFORMATION AND ENTRY FORM

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.

Please Enter Entry Time

3000 Free.....

Entry Fee:           \$30.00

**Late Entry Fee:       \$35.00**

Entries:             Due by Wednesday, July 3,2002

Cheque to be made payable to:

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

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Fax: (613) 225-5327

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

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