



2003-2004 NATIONAL CAPITAL CUP SPRINT SERIES

THEME: 2004 LONG COURSE SPRINT 5 SWIM MEET
Sanctioned by MSO & open to registered Master Swimmers from 20 - 80+

DATE: Saturday, May 8, 2004

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
10:30 a.m. Finish

AWARDS: Ribbons and Certificate of Achievement Award for each age group

FREE Breakfast after swim meet

Entry Fee: \$25.00 flat fee----**LATE DECK ENTRY \$30.00**

Entries: To be filled out on SNC entry cards by Wednesday, April 28/2004

Events: Events Seeded by Time
Individual Events - Men & Women Mixed
Heats Swum Slowest to Fastest

Cheque to be made payable to:

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

Phone: (613) 769-4204

E-mail: info@technosport.ca

Web Site: www.technosport.ca (online registration)

2004 LONG COURSE SPRINT 5 SWIM MEET

Saturday, May 8, 2004

SCHEDULE OF EVENTS

Please Enter Entry Time

- | | | |
|-----|------------------------|-------|
| 1. | 400 Medley Relay Women | _____ |
| 2. | 400 Medley Relay Men | _____ |
| 3. | 50 Fly | _____ |
| 4. | 100 Free | _____ |
| 5. | 200 I.M | _____ |
| 6. | 100 Back | _____ |
| 7. | 50 Free | _____ |
| 8. | 100 Breast | _____ |
| 9. | 50 Back | _____ |
| 10. | 100 Fly | _____ |
| 11. | 50 Breast | _____ |
| 12. | 200 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 2004: _____

City: _____ Prov: _____ Postal Code: _____

Phone: (H) _____ (W) _____

e-mail: _____