



## 2004-2005 NATIONAL CAPITAL CUP SPRINT SERIES

THEME: 2004 **SHORT COURSE SPRINT 1** SWIM MEET

"Sanctioned by Masters Swimming Ontario and open to all registered Masters swimmers over 18 years of age."

DATE: Saturday, October 16, 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, October 6/2004

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](mailto:info@technosport.ca)

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

# 2004 SHORT COURSE SPRINT 1 SWIM MEET

Saturday, October 16, 2004

## SCHEDULE OF EVENTS

Please Enter Entry Time

1. 50 Fly ..... \_\_\_\_\_
2. 50 Back..... \_\_\_\_\_
3. 100 Free..... \_\_\_\_\_
4. 50 Breast..... \_\_\_\_\_
5. 50 Free..... \_\_\_\_\_
6. 100 I.M..... \_\_\_\_\_
7. 200 Free Relay Women..... \_\_\_\_\_
8. 200 Free Relay Men..... \_\_\_\_\_

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

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