



2001-2002 NATIONAL CAPITAL CUP SPRINT SERIES

THEME: 2002 **SHORT COURSE SPRINT 3** SWIM MEET

Sanctioned by MSO and open to all registered Master Swimmers from 20 - 80+

DATE: Saturday, January 19, 2002

LOCATION: UNIVERSITY OF OTTAWA

TIME: 8:30 a.m. Warm-up
9:00 a.m. Start
11:30 a.m. Finish

AWARDS: Certificate of Achievement Award for each age group

FREE Breakfast after swim meet

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: _____ MSO# _____

Or other affiliation

Address: _____ Age (as of meet): _____

City: _____ Prov: _____ Postal Code: _____

Phone: (H) _____ (W) _____

Fax: _____ e-mail: _____

Signature: _____ Date: _____

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SCHEDULE OF EVENTS

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

Please Enter Entry Time

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

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

Entries: To be filled out on SNC entry cards by Wednesday, Jan. 9, 2002

Cheque to be made payable to:

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

Phone: (613) 769-4204

Fax: (613) 225-5327

E-mail: info@technosport.ca

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