



## 2003-2004 NATIONAL CAPITAL CUP SPRINT SERIES

- THEME:** 2004 LONG COURSE SPRINT 4 SWIM MEET  
Sanctioned by MSO & open to registered Master Swimmers from 20 - 80+
- DATE:** Saturday, April 24, 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 14/2004
- 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 LONG COURSE SPRINT 4 SWIM MEET

Saturday, April 24, 2004

## SCHEDULE OF EVENTS

Please Enter Entry Time

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

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