



## 2007-2008 NATIONAL CAPITAL CUP SPRINT SERIES

**THEME:** 2008 **SHORT COURSE SPRINT 4** SWIM MEET  
"Sanctioned by Masters Swimming Ontario and open to all registered Masters swimmers over 18 years of age."

**DATE:** Saturday, April 12, 2008

**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  
11:00 a.m. Finish

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

**FREE** Breakfast after swim meet

**Entry Fee:** \$27.00 flat fee----**LATE DECK ENTRY \$32.00**

**Entries:** To be filled out on SNC entry cards by Wednesday, April 2/2008

**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)

# 2008 SHORT COURSE SPRINT 4 SWIM MEET

Saturday, April 12, 2008

## SCHEDULE OF EVENTS

Please Enter Entry Time

1. 200, 400, 800 Mixed, Free or Medley Relay, Men and/or Women ..\_\_\_\_\_
2. 400 Free.....\_\_\_\_\_
3. 200 I.M.....\_\_\_\_\_
4. 100 Fly.....\_\_\_\_\_
5. 50 Back.....\_\_\_\_\_
6. 200 Free.....\_\_\_\_\_
7. 50 Breast.....\_\_\_\_\_
8. 50 Free.....\_\_\_\_\_
9. 100 Breast.....\_\_\_\_\_
10. 100 Free.....\_\_\_\_\_
11. 50 Fly.....\_\_\_\_\_
12. 100Back.....\_\_\_\_\_
13. 200, 400, 800 Mixed, Free or Medley Relay, Men and/or Women ..\_\_\_\_\_

### 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 2008: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_  
e-mail: \_\_\_\_\_