



2009-2010 NATIONAL CAPITAL CUP SPRINT SERIES

THEME: 2009 **SHORT COURSE SPRINT 1** SWIM MEET

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

DATE: Saturday, December 5, 2009

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: Certificate of Achievement Award for each age group

FREE: Breakfast after swim meet

Entry Fee: \$40.00 flat fee----**LATE DECK ENTRY \$45.00**

Entries: Due by Wednesday, November 25/2009

Events: Events Seeded by Time

Individual Events - Men & Women Mixed

Heats Swum Slowest to Fastest

Limited to 5 individual events per swimmer plus 1 relay

Cheque to be made payable to:

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

Phone: (613) 769-4204

E-mail: technosport@rogers.com

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

2009 SHORT COURSE SPRINT 1 SWIM MEET

Saturday, December 5, 2009

SCHEDULE OF EVENTS

(Limited to 5 individual events per swimmer plus 1 relay)

Please Enter Entry Time

1. 100 Free.....
2. 100 Back.....
3. 50 Fly
4. 100 Breast.....
5. 50 Back.....
6. 200 Free.....
7. 50 Breast.....
8. 50 Free.....
9. 100 I.M.....
10. 200 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 2008: _____

City: _____ Prov: _____ Postal Code: _____

Phone: (H) _____ (W) _____

e-mail: _____

Signature: _____ Date: _____