



## 2009-2010 NATIONAL CAPITAL CUP SPRINT SERIES

THEME: 2010 **SHORT COURSE SPRINT 2** SWIM MEET  
"Sanctioned by Masters Swimming Ontario and open to all registered Masters swimmers 18 years of age and over."

DATE: Saturday, January 30, 2010

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, January 20/2010

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](mailto:technosport@rogers.com)

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

# 2010 SHORT COURSE SPRINT 2 SWIM MEET

Saturday, January 30, 2010

## SCHEDULE OF EVENTS

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

Please Enter Entry Time

1. 200 Free.....
2. 100 Back.....
3. 100Fly .....
4. 200 Breast.....
5. 50 Free.....
6. 200 Back.....
7. 100 Breast.....
8. 100Free.....
9. 200 Fly.....
10. 400 Choice 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 2010: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

e-mail: \_\_\_\_\_

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