



## **2015 SHORT COURSE INVITATIONAL SWIM MEET**

“Sanctioned by Masters Swimming Ontario and open to all registered Masters Swimmers 18 years of age and over.”

“Proof of membership must and be supplied if coming from out of Ontario. Membership cards or numbers must be presented for verification”

DATE: Sunday, December 6, 2015

LOCATION: UNIVERSITY OF OTTAWA  
Montpetit Hall 125 University Private (west of King Edward St.)

TIME: 7:00 a.m. Warm-up  
7:45 a.m. Start  
9:30 a.m. Finish

FREE: Breakfast after swim meet

Entry Fee: \$45.00 flat fee----**LATE DECK ENTRY \$50.00**

Entries: Due by Thursday, November 25/2015

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

Enter and pay online at:

<http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Or Cheque made payable to:

TECHNOSPORT  
1094 Castle Hill Cres.  
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)

**Chief Official Wendy McCutcheon**

**TECHNOSPORT SHORT COURSE INVITATIONAL SWIM MEET**

Sunday, December 6, 2015

**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 Choice.....
- 7. 50 Breast.....
- 8. 50 Free.....
- 9. 200 I.M.....
- 10. 200 Mixed Medley 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 2015: \_\_\_\_\_

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

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

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

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