



### 2017 SHORT COURSE TIME TRIAL

Sanctioned by Masters Swimming Ontario (MSO) and open to all swimmers 18 years of age and over.

Swimmers not registered with MSO must swim as Single-Event Registrants (SER). SER participants will be provided must MSO Single Event Insurance with receipt of the signed waiver and payment of the associated \$5.00 fee.

DATE: Sunday, February 4, 2018

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

TIME: 6:45 a.m. Warm-up  
7:30 a.m. Start  
9:30 a.m. Finish

Entry and

Donate: Donation only at this link  
<http://www.technosport.ca/swim/ottawa-swim-meets/>

Deadline: Due by Thursday, February 2, 2018

Meet Manager: Kathlene Milne; Meet Referee: Wendy McCutcheon

Events: Events Seeded by Time  
Individual Events - Men & Women Mixed  
Heats Swum Slowest to Fastest  
Limited to 4 individual events per swimmer plus 1 relay

Results: All results will be posted on the TechnoSport website and in the MSO database at <https://ms.mastersswimmingontario.ca>  
Single-Event Registrants will swim and be reported under the club code "SER"

Phone: (613) 769-4204

E-mail: [technosport@rogers.com](mailto:technosport@rogers.com)

**TECHNOSPORT SHORT COURSE TIME TRIAL**

Sunday, Febraury 4, 2018

**SCHEDULE OF EVENTS**

(Limited to 4 individual events per swimmer plus 1 relay)

Please Enter Entry Time

- 1. 200 Free .....
- 2. 100 Back.....
- 3. 50 Fly .....
- 4. 100 Breast.....
- 5. 50 Free.....
- 6. 50 Back .....
- 7. 100 Fly.....
- 8. 50 Breast.....
- 9. 100 Free.....
- 10. 100 I.M.....
- 11. 200 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, 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 I am a Single-Event Registrant Yes / No

Address: \_\_\_\_\_ Age as of Dec.31 2017: \_\_\_\_\_

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

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

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

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