



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

Deadline: Due by Thursday, March 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

TECHNOSPORT SHORT COURSE TIME TRIAL

Sunday, March 4, 2018

SCHEDULE OF EVENTS

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

Please Enter Entry Time

- 1. 200 Choice.....
- 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. 400 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: _____