



2019 SHORT COURSE TIME TRIAL

Sanctioned by Masters Swimming Ontario (MSO #503) and open to all swimmers 18 years of age and over.

All swimmers will be accepted. Swimmers not registered with MSO must swim as Single-Event Registrants (club code SER). SER participants must pay an additional \$6.00 to receive MSO insurance coverage.

Swimmers under the age of 26 years, must comply with Ontario's new Rowan's Law (Concussion Safety) requirements. Review the Government of Ontario's concussion awareness at <https://www.mastersswimmingontario.ca/rowans-law/>. The required "Confirmation of Review" has been added to the online Waivers.

DATE: Sunday, December 1, 2019
Meet Manager: Christine Charron
Meet Referee: Wendy McCutcheon

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

Deadline: Wednesday, November 20, 2019

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"

Records: Only swimmers registered with MSO are eligible for Ontario records. MSO may share meet results with independent record-tracking lists for inclusion in aggregated records and rankings, for example, Christian Berger's Top Canadian Records and Rankings (www.StatsMan.ca). Record recognition by any other sanctioning organization is at the discretion of such sanctioning organization.

Enter and Pay at: <https://www.technosport.ca/swim/ottawa-swim-meets/>

Phone: (613) 769-4204

E-mail: technosport@rogers.com



TECHNOSPORT SHORT COURSE TIME TRIAL

Sunday, December 1, 2019

ENTRY FORM, ATHLETE WAIVER & RELEASE

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

Please Enter Entry Time

1. 50 Free..... _____
2. 100 Fly..... _____
3. 50 Breast _____
4. 100 Back _____
5. 50 Fly _____
6. 100 IM _____
7. 100 Breast..... _____
8. 50 Back..... _____
9. 100 Fly..... _____
10. 100 Free _____
11. 4x50 Free Relay _____

Last Name: _____ First Name: _____

Gender: M ___ F ___ D.O.B.: (d)____(m)____(yr)____

Age as of Dec. 31, 2019: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone Number: () _____ E-Mail address: _____

I am registered with MSO: MSO #: _____ Club Name: _____

OR

I am not registered with MSO. As a Single-Event Registrant I will pay the additional fee of \$5.00 to receive MSO insurance coverage.

AND

I am a Single-Event Registrant under the age of 26 years. I confirm that I have read the Government of Ontario's Concussion Awareness Resource (Rowan's Law) – see <https://www.mastersswimmingontario.ca/rowans-law/>

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.

I have read and agree with the above waiver

Signature: _____ Date: _____