

# Mission Valley YMCA 2010 Short Course Yards Pancake Pentathlon & Swim Meet Sun. March 14, 2010

**Sanction:** Sanctioned by San Diego-Imperial (SI) Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 440-MS-01-Y

**Host:** Mission Valley YMCA - *Building Strong Kids, Strong Families, and Strong Communities*

**Location:** Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110

**Date/Time:** Sunday, March 14, 2010, 9:00 am warm-up, 10:00 am start

**Entry Fee/** Mail Entry: \$20 flat fee with completed entry postmarked by Sat., March 6, 2010.

**Due Dates:** Deck Entry: \$30 flat fee with completed entry provided by 9:30 am on day-of-meet.

**To Enter:** Submit (1) this completed form with signed liability release, (2) a clear copy of your 2010 USMS or foreign card, and (3) mail a check payable to "Kenton Jones" to: 2010 Pancake Pentathlon, c/o Kenton Jones, 8611 Neva Ave, San Diego, CA 92123

**Questions:** Meet Director: Kenton Jones, (858) 243-3960, [kerujo@aol.com](mailto:kerujo@aol.com)  
Meet Host: Matt Pentland, (619) 298-3576 x1216, [mpentland@ymca.org](mailto:mpentland@ymca.org)

**Name:** \_\_\_\_\_ **USMS #:** \_\_\_\_\_ - \_\_\_\_\_  
(or foreign equivalent)

**Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Club Name:** \_\_\_\_\_ **Club Abbr.:** \_\_\_\_\_

**Birthdate:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_ **Age\*:** \_\_\_\_ **Gender:** M \_\_\_ F \_\_\_  
\*age on 03/14/2010

Limit 5 events; write accurate entry time or estimate next to event; do not omit time or enter "no time"

Sprint Class		Mid-Distance Class		Endurance Class	
Event	Entry Time	Event	Entry Time	Event	Entry Time
1. 50 FL	___ : ___ . ___	2. 100 FL	___ : ___ . ___	3. 200 FL	___ : ___ . ___
4. 50 BK	___ : ___ . ___	5. 100 BK	___ : ___ . ___	6. 200 BK	___ : ___ . ___
7. 50 BR	___ : ___ . ___	8. 100 BR	___ : ___ . ___	9. 200 BR	___ : ___ . ___
10. 50 FR	___ : ___ . ___	11. 100 FR	___ : ___ . ___	12. 200 FR	___ : ___ . ___
13. 100 IM	___ : ___ . ___	14. 200 IM	___ : ___ . ___	15. 400 IM	___ : ___ . ___

**Liability:** This liability release must be signed before a swimmer can be entered into the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

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

~ RETURN ENTIRE ABOVE ENTRY FORM ~

**Mission Valley YMCA 2010 Short Course Yards Pancake Pentathlon & Swim Meet**  
**Sun. March 14, 2010, Sanction # 440-MS-01-Y**

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<b><u>Date/Time:</u></b>	Sunday, March 14, 2010, 9:00 am warm-up, 10:00 am start.
<b><u>Location:</u></b>	Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110.
<b><u>Entry Fee/</u></b>	Mail Entry: \$20 flat fee with completed entry postmarked by Sat., March 6, 2010.
<b><u>Due Dates:</u></b>	Deck Entry: \$30 flat fee with completed entry provided prior to 9:30 am on day-of meet.
<b><u>To Enter:</u></b>	Submit (1) this completed form with signed liability release, (2) a clear copy of your 2010 USMS or foreign membership card, & (3) mail a check payable to "Kenton Jones" to: 2010 Pancake Pentathlon, c/o Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
<b><u>Eligibility:</u></b> <b>(Note: 2010 USMS Card Required)</b>	All persons holding a 2010 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible masters card copy and completed entry form are submitted and the liability release is signed. USMS on-line membership is available at <a href="https://www.clubassistant.com/club/USMS.cfm?l=44">https://www.clubassistant.com/club/USMS.cfm?l=44</a> . A membership form can be downloaded from the membership section of the SI LMSC web site at <a href="http://www.SIMasterSwim.org">http://www.SIMasterSwim.org</a> .
<b><u>USMS Rules:</u></b>	USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck.
<b><u>Warm-Up &amp; Warm-Down Rules:</u></b>	NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up and warm-down lanes.
<b><u>Age Groups:</u></b>	18 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, ... in five year increments as high as needed.
<b><u>Seeding:</u></b>	All event heats are seeded slow to fast by entry time regardless of age or gender.
<b><u>Events:</u></b>	Swimmers may enter up to 5 individual events; enter accurate times or estimates, do not omit an entry time or enter "no time." There will not be any relays.
<b><u>Pentathlon Award:</u></b>	Swim all 5 events within a single pentathlon class (Sprint, Mid-Distance, or Endurance) without disqualification to be eligible for a pentathlon award given to the swimmer with the lowest 5-event total time within each gender, age group, and pentathlon class.
<b><u>Pool:</u></b>	Outdoor 25-yard with ten 8' wide lanes. There will be six competition lanes, each 7' deep, one buffer lane, and three warm-up/warm-down lanes during the meet.
<b><u>Timing:</u></b>	Electronic Timing - Colorado Timing System 5.0
<b><u>Pancakes:</u></b>	Served complimentary to participants and guests by the Kiwanis Club of San Diego.
<b><u>Online:</u></b>	USMS Membership, Entry Forms, & Post Meet Results: <a href="http://www.SIMasterSwim.org">http://www.SIMasterSwim.org</a>
<b><u>SI Meeting:</u></b>	An SI LMSC meeting will take place following the meet.
<b><u>Directions:</u></b>	<p><b><u>From I-5 Southbound:</u></b> take exit 21 for Sea World Drive toward Tecolote Rd; turn right at Sea World Dr; turn left at Friars Rd; pass Napa St;</p> <p><b><u>From I-5 Northbound:</u></b> take I-8 east exit toward El Centro; follow signs for Morena Blvd and merge onto Morena Blvd; take a slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd;</p> <p><b><u>From I-8 Westbound:</u></b> exit onto Morena Blvd; take a slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd.</p> <p>The Mission Valley YMCA is on the south side of Friars Road and parking is adjacent to the complex on both the east and west sides. Enter through the YMCA main doors on the south side and ask reception for directions to the swim meet at the Hazard Pool.</p>

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