



**Mission Valley YMCA**  
**2017 "PANCAKE PENTATHLON" & SCY Swim Meet**  
**Sunday, March 26, 2017**  
**Sanction #447-S001**



**Meet Information**

**Sanction:** Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #447-S001.  
**Date/Time:** Sunday, March 26, 2017. 9:00 am Warm-Up; 10:00 am Start  
**Location:** Mission Valley YMCA Bruce Hazard Pool, 5505 Friars Road, San Diego, CA, 92110  
**Pool:** Outdoor, 25 yard course, with 10 lanes (6 competition, 1 buffer, 3 warm-up/warm-down), 8' wide & 7' deep. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.  
**Entry & Deadlines:** \$25 Individual Entry & \$10 Relay-Only Entry closes at 4:00 pm on Saturday, March 25, 2017. Late or Deck Entries will NOT be accepted. **Web entry only** (no paper entry). There will be NO refunds.  
**Web Entry:** [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1322&smid=8434](https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=8434)  
**Program & Results:** Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on [www.SIMasterSwim.org](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://www.USMS.org).  
**Host:** Mission Valley YMCA ([www.missionvalley.ymca.org](http://www.missionvalley.ymca.org))  
**Contact:** Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

**Swimmer Information**

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_  
**Gender:** Male [ ] Female [ ] **Age (on 03/26/2017):** \_\_\_\_\_  
**E-Mail:** \_\_\_\_\_ **USMS (or Foreign Masters) #:** \_\_\_\_\_  
**Phone:** ( ) - \_\_\_\_\_ **Masters Club:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City, State & Zip:** \_\_\_\_\_

**Schedule of Events**

Events:	Event			Entry Time	Comments
Session 1 Butterfly	#1	50	Butterfly	: .	< Sprint Class Pentathlon Event
	#2	100	Butterfly	: .	< Middle Distance Class Pentathlon Event
	#3	200	Butterfly	: .	< Endurance Class Pentathlon Event
Session 2 Backstroke	#4	50	Backstroke	: .	< Sprint Class Pentathlon Event
	#5	100	Backstroke	: .	< Middle Distance Class Pentathlon Event
	#6	200	Backstroke	: .	< Endurance Class Pentathlon Event
Session 3 Breaststroke	#7	50	Breaststroke	: .	< Sprint Class Pentathlon Event
	#8	100	Breaststroke	: .	< Middle Distance Class Pentathlon Event
	#9	200	Breaststroke	: .	< Endurance Class Pentathlon Event
Session 4 Freestyle	#10	50	Freestyle	: .	< Sprint Class Pentathlon Event
	#11	100	Freestyle	: .	< Middle Distance Class Pentathlon Event
	#12	200	Freestyle	: .	< Endurance Class Pentathlon Event
Session 5 Individual Medley	#13	100	Individual Medley	: .	< Sprint Class Pentathlon Event
	#14	200	Individual Medley	: .	< Middle Distance Class Pentathlon Event
	#15	400	Individual Medley	: .	< Endurance Class Pentathlon Event
Session 6 Distance Freestyle	#16	500	Freestyle	: .	< non-Pentathlon events, check-in required
	#17	1000	Freestyle	: .	
	#18	1650	Freestyle	: .	

Enter up to 6 individual events; provide accurate times; do not omit a time; do not provide "no time."

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Release Of Liability

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from B53drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Print Full Name

Signature

Date

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- Eligibility:** All persons holding a 2017 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate provided that a legible Masters card copy & completed entry form are submitted & the liability release is signed. USMS membership links: [www.USMS.org/reg/register.php?LMSCID=44](http://www.USMS.org/reg/register.php?LMSCID=44) (online) and [www.SIMasterSwim.org/member.html](http://www.SIMasterSwim.org/member.html) (form).
- Rules:** 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 rule book will be available.
- Warm-Up & Warm-Down:** 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 & warm-down lanes.
- Events:** Swimmers may enter up to 6 individual events (new rule change effective 1/1/17). Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time".
- Age Groups:** Swimmer competition age is age as of 3/26/2017 (date of meet). Individual age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments.
- Relays:** No relays.
- Pancakes:** Served complimentary to participants & guests throughout the meet by the YMCA.
- Awards:** Swim all 5 events in a pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Distance: 200 each stroke & 400 IM) without disqualification to be eligible for an award given to the swimmer with the lowest 5-event total time in each gender, age group, & pentathlon distance class.
- Seeding & Check-In:** Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is required for the 500, 1000 & 1650 yard Freestyles and closes when Event 13 starts. Notify the meet director if you check in and later decide not to swim. All other events are pre-seeded.
- Timing:** Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. All clubs and participants are required to assist with backup stopwatch/button timing during the meet.
- Directions:** From I-5 South: Take exit 21 for Sea World Drive toward Tecolote Rd; turn right at Sea World Dr; turn left at Friars Rd; go past Napa St. From I-5 North: Take I-8 east exit toward El Centro; follow signs for Morena Blvd; merge onto Morena Blvd; bear right at Linda Vista Rd; turn right at Napa St & left at Friars Rd. From I-8 West: Exit onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd.
- Parking:** Free parking is adjacent to the complex on both the east and west sides
- SI Meeting:** An SI LMSC meeting will take place during or following the meet.
- Contact:** Meet Director: Kenton Jones, (858) 243-3960, [kerujo@aol.com](mailto:kerujo@aol.com)