



**Mission Valley YMCA
2013 Masters SCY
"PANCAKE PENTATHLON"
& Swim Meet
Sunday, March 24, 2013**



Sanction: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc., (USMS) - **Sanction #:** **443-MS-01Y**

Host: Mission Valley YMCA – *Youth Development, Healthy Living, Social Responsibility*

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

Date/Time: Sunday, March 24, 2013, 9:00 am warm-up, 10:00 am start

Entry Fee/ Mail & Online Entry: \$20 flat fee with completed entry received by Sat., March 23, 2012.

Due Dates: Deck Entry: \$30 flat fee with completed entry provided by 9:00 am on day-of-meet.

To Enter: Online - https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=4378
By Mail - submit (1) this completed form with signed liability release, (2) a clear copy of your 2013 USMS or foreign card, and (3) a check payable to "Kenton Jones" to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123

Questions: Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com
Meet Host: Kyle Broderick (619) 298-3576 x1216, kbroderick@ymca.org

Name: _____ **USMS #:** _____ - _____

Phone: _____ - _____ - _____ (or foreign equivalent)

Address: _____

Swim Club: _____ **E-Mail:** _____

Birthdate: ____ / ____ / ____ **Age on 3/24/13:** ____ **Gender:** M ___ F ___

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

"Sprint Pentathlon"		"Mid-Distance Pentathlon"		"Endurance Pentathlon"	
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	___ : ___ . ___

16. 500 FR ___ : ___ . ___ 17. 1000 FR ___ : ___ . ___ 18. 1650 FR ___ : ___ . ___

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:** _____

2013 Mission Valley YMCA Short Course Yards "Pancake Pentathlon" & Masters Swim Meet
Sunday, March 24, 2013, Sanction # 443-MS-01Y

<u>Date/Time:</u>	Sunday, March 24, 2013, 9:00 am warm-up, 10:00 am start.
<u>Location:</u>	Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110.
<u>Entry Fee/</u>	Online/Mail: \$20 flat fee with completed entry received by 4 pm, Sat., March 23, 2013.
<u>Due Dates:</u>	Deck Entry: \$30 flat fee with completed entry provided prior to 9:00 am on day-of meet.
<u>To Enter:</u>	Online: https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=4378 By Mail - Submit (1) this completed form with signed liability release, (2) a clear copy of your 2013 USMS or foreign membership card, and (3) a check payable to "Kenton Jones" to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
<u>Eligibility:</u> (Note: 2013 USMS Card Required)	All persons holding a 2013 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 https://www.ClubAssistant.com/club/usms.cfm?L=44 . A membership form can be downloaded from http://www.SIMasterSwim.org/member.html .
<u>USMS Rules:</u>	USMS Rules govern the meet including the new swim suit rules. 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.
<u>Warm-Up & Warm-Down Rules:</u>	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.
<u>Age Groups:</u>	18 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, ... in five year increments as high as needed.
<u>Seeding:</u>	All event heats are seeded "slow to fast" by entry time regardless of age or gender.
<u>Events:</u>	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.
<u>Check-In:</u>	Check-in is required for the 500, 1000 & 1650 yard Freestyles and closes at 12:00 pm.
<u>Pentathlon Award:</u>	Swim all 5 events within a single pentathlon class (Sprint: 50 each stroke and 100 IM; Mid-Distance: 100 each stroke and 200 IM; Endurance: 200 each stroke and 400 IM) without disqualification to be eligible for an award given to the swimmer with the lowest 5-event total time within each gender, age group, and class.
<u>Pool:</u>	Outdoor 25-yard with ten 8' wide lanes. 6 competition lanes, 7' deep, one buffer lane, and three warm-up/warm-down lanes during the meet.
<u>Timing:</u>	Electronic Timing - Colorado Timing System 5.0 & Electronic Scoreboard
<u>Pancakes:</u>	Served complimentary to participants and guests by the Kiwanis Club of San Diego.
<u>SI Meeting:</u>	An SI LMSC meeting will take place during or following the meet.
<u>Directions:</u>	From I-5 Southbound: take exit 21 for Sea World Drive toward Tecolote Rd; turn right at Sea World Dr; turn left at Friars Rd; pass Napa St; From I-5 Northbound: take I-8 east exit toward El Centro; follow signs for Morena Blvd and merge onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd; From I-8 Westbound: exit onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd.

5505 Friars Rd, San Diego, CA 92110
The Mission Valley YMCA is on the south side of Friars Road. Parking is adjacent to the complex on 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.
