



**Mission Valley YMCA
2014 Masters SCY
"PANCAKE PENTATHLON" & Swim Meet
Sunday, March 23, 2014**



Sanction: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS), **Sanction #: 444-S001**

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 23, 2014, 9:00 am warm-up, 10:00 am start

Entry Fee/ Mail & Online Entry: \$20 flat fee with completed entry received by Sat., March 22, 2014.

Due Dates: Deck Entry: \$25 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=5144
By Mail - submit (1) this completed form with signed liability release, (2) a clear copy of your 2014 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 3/23/14:** __ **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	Event	Entry Time	Event	Event	Entry Time	Event	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	__ : __ . __	17-19.	200 Medley Relay (W/M/Mixed)		20-22.	200 Free Relay (W/M/Mixed)	
23.	1000 FR	__ : __ . __	24-26.	400 Medley Relay (W/M/Mixed)		27-29.	400 Free Relay (W/M/Mixed)	
30.	1650 FR	__ : __ . __	31-33.	800 Free Relay (W/M/Mixed)				

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:** _____

**2014 Mission Valley YMCA Short Course Yards "Pancake Pentathlon" & Masters Swim Meet
Sunday, March 23, 2014, Sanction # 444-S001**

<u>Date/Time:</u>	Sunday, March 23, 2014, 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 22, 2014.
<u>Due Dates:</u>	Deck Entry: \$25 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=5144 By Mail - Submit (1) this completed form with signed liability release, (2) a clear copy of your 2013 USMS or foreign membership card, & (3) a check payable to "Kenton Jones" to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
<u>Eligibility:</u>	All persons holding a 2014 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible Masters card copy & completed entry form are submitted & the liability release is signed. USMS on-line membership is available at http://www.usms.org/reg/register.php?LMSCID=44 . A membership form can be downloaded from http://www.SIMasterSwim.org/member.html .
2014 USMS Card Required	
<u>USMS Rules:</u>	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. The length of the competition course is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.17 and 107.2.1.
<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 & 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."
<u>Check-In:</u>	Check-in is required for the 500, 1000 & 1650 yard Freestyles & closes after Event 12.
<u>Pentathlon Award:</u>	Swim all 5 events within a single pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Endurance: 200 each stroke & 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, & class.
<u>Pool:</u>	Outdoor 25-yard with ten 8' wide lanes. 6 competition lanes, 7' deep, one buffer lane, & 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 & 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 to Mission Valley YMCA at 5505 Friars Rd, San Diego, CA 92110,</u>	on the south side of Friars Road. Parking is adjacent to the complex on the east & west sides. Enter through the YMCA main doors on the south side & ask reception for directions to the swim meet at the Hazard Pool.
<u>From I-5 Southbound:</u>	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 to 5505 Friars Rd on right;
<u>From I-5 Northbound:</u>	take I-8 east exit toward El Centro; follow signs for Morena Blvd & merge onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd;
<u>From I-8 Westbound:</u>	exit onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd., proceed to 5505 Friars Rd on right.
