

U.S Masters Swimming / Utah
S.H.A.C. Pentathlon
Saturday, January 10, 2015 Meet Starts 2:00 pm

SANCTION # TBD

Meet Director: Lynne Lund (760) 844-6288 email: dragonflynnne@gmail.com

Referee: Adam Caldwell

Facility: Sand Hollow Aquatic Center is a 10 lane, 25 yd pool

Location: 1144 N Lava Flow Drive, St George, UT 84770 (435) 634-5938

Directions: From I-15 use the South Dixie Drive Exit (south of Bluff Street). Exit to the west (Santa Clara) on S Dixie Dr. Travel approx. 4.6 miles to Sunset Blvd & N. Dixie Dr. Turn left (west) on Sunset Blvd and travel 0.7 miles to Lava Flow Dr. (You will see the SHAC on the right with the white canvas dome cover). Turn Right on Lava Flow Dr. next right is SHAC
From the center of St. George City, St. George Boulevard, travel west to Bluff Street, turn right (north) and travel to Sunset Blvd. Turn left (west). Travel 2 miles to Lava Flow Dr. (See above)

Meet Conduct: 2015 U.S. Masters Swimming rules will govern conduct of this meet

Warm-up & Warm-ups will be in the competition pool for 1 hr. prior to the meet. There will be an additional 10 Cool-down: min. warm-up after the 1000 Freestyle. Lanes are available during the meet for warm-ups & cool-down

Eligibility: All swimmers must show proof of 2015 registration with U.S. MASTERS SWIMMING
See USMS.org

Eligibility rules For short course yards, the eligibility of a participant for a particular age group shall be determined (2015 rule book) by the age as of the day of the meet.

102.2.1

Age Groups: Individual Events-18-24, 25-29, 30-34, 35... (five-year age groups as high as is necessary).
102.3.1

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest, mixed gender.

Please Note: Participant may swim only one of four Pentathlon events: Freestyle, sprint IM, Middle Distance IM Ironman IM

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

Pool Length: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Heats: Heat Sheet will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to the Meet Director and Referee

Fees: Meet entry fee: \$23.00. (Late Fee - After Jan 9th, 2014 \$30.00)

Entries: Entries are only accepted through Club Assistant until January 8th, after which entries will be accepted on deck on Jan 10th before 12:45pm. No entries accepted at all after 12:45pm on January 10th

Facility Opens: 8:00 am (see warm-ups above)

Awards: Different awards for different events

Hosting Housing: S.H.A.C. Masters will try to accommodate participants of the meet. (No families please. Sleeping bag and pillow required) Please email or call the race director in advance to assist with accommodations.

U.S. Masters Swimming/ Utah Club
Saturday, January 10th, 2015

S.H.A.C Pentathlon
Warm-ups at 1:00pm

SANCTION # TBD
Meet Starts at 2:00pm

Mixed Event (Short Course Yards) <u>Circle event you wish to enter</u>		Only <u>ONE</u> Pentathlon may be entered. Please circle your choice below.
Seed Time: Min ____ Sec ____		
1. 1000 yard Free (FP)	Min ____ Sec ____	Freestyle Pentathlon (FP) (1000, 500, 200, 100, 50) Sprint IM Pentathlon (SP) (100 IM, 50 Fly, 50 Back, 50 Breast, 50 Free) Mid-distance IM Pentathlon (200 IM, 100 Fly, 100 Back, 100 Breast, 100 Free) Ironman IM Pentathlon (400 IM, 200 Fly, 200 Back, 200 Breast, 200 Free) Individual Swimming Events (no pentathlon) 5 events maximum Meet fee through Club Assistant: \$23.00 Deck Entry (paper registration): \$30.00 PAID: \$ ____
*** 10 minute Swim down and Warm up		
2. 400 yard IM	Min ____ Sec ____	
3. 200 yard IM	Min ____ Sec ____	
4. 100 yard IM	Min ____ Sec ____	
5. 500 yard Free (FP)	Min ____ Sec ____	
6. 200 yard Butterfly	Min ____ Sec ____	
7. 100 yard Butterfly	Min ____ Sec ____	
8. 50 yard Butterfly	Min ____ Sec ____	
9. 200 yard Freestyle (FP)	Min ____ Sec ____	
10. 200 yard Backstroke	Min ____ Sec ____	
11. 100 yard Backstroke	Min ____ Sec ____	
12. 50 yard Backstroke	Min ____ Sec ____	
13. 100 yard Freestyle (FP)	Min ____ Sec ____	
14. 200 yard Breaststroke	Min ____ Sec ____	
15. 100 yard Breaststroke	Min ____ Sec ____	
16. 50 yard Breaststroke	Min ____ Sec ____	
17. 200 yard Freestyle	Min ____ Sec ____	
18. 100 yard Freestyle (MP)	Min ____ Sec ____	
19. 50 yard Freestyle	Min ____ Sec ____	

Name: Last _____ First _____ 2015 USMS # _____ (Copy must be shown)

Address: _____ City: _____ State: _____ Phone: _____

Birthdate ____ / ____ / ____ Age on Jan 10, 2015: _____

Email: _____ @ _____ Club Affiliation: _____

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Date: ____ / ____ / ____ Signature: _____

Check #1 _____ Check #2 _____

Please sign waiver on next page



**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 drowning 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.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 11/1/2014