



2015 Postal Pentathlon Swim Meet

Hosted by: Minnesota Masters Swim Club



Sponsor: Minnesota LMSC/ Minnesota Masters Swim Club

Eligibility: Open to all registered masters swimmers for the 2015 season.

Conduct of Meet:

- Participant swims the 5 events (Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley) in a specific course (Sprint, Middle Distance, or Ironman -**no mixed courses**), preferably in a 25 yard pool.
- It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke(freestyle), and then Individual Medley.
- The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period.
- Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. Each must be entered separately.
- All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.
- The pentathlon must be swum from February 1, 2015 to April 30, 2015 and entries must be postmarked or submitted on line by May 5, 2015. Include a copy of your USMS registration card or foreign equivalent.
- On line entry information(preferred) – visit www.minnesotamasters.com.
- All results will be based on a 25 yard course. Swims performed in meter pools must indicate that their entries are from a meter pool so that the times can be converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants.
- **Incomplete or illegible entries will be returned. All fees are nonrefundable.**
- Sanctioned by Minnesota LMSC for USMS, Inc. tbd

Age Groups: 18-24, 25-29, ... , 95-99, 100+. **Age will be determined by the swimmers' age on April 30, 2015.**

Awards: Winners of each age group will receive a special award.

Entry Fee: \$13.00 per course. Make checks payable in US funds to: **Minnesota LMSC**. All fees nonrefundable.
\$3.50 per course Completion Certificate; \$25.00 participation T-Shirt

Mail forms & copy of USMS card to: David Bergquist
c/o Recruit Masters #300
8200 Humboldt Ave. So
Bloomington, MN 55431

Questions: email dbergquist@usms.org or visit www.minnesotamasters.com

Entry Form(Must Sign & date waiver on next page)

Name _____ USMS or Foreign Registration # _____
 Address _____ Swim Club _____
 City _____ State _____ Zip/Postal Code _____
 Phone _____ Email _____
 Birth Date ____/____/____ (MM/DD/YYYY) **Gender:** Male Female (circle one)

Sprint Course Participation fee (\$13)		
Sprint Course Certificate (\$3.50)		
Middle Distance Participation fee (\$13)		
Middle Distance Certificate (\$3.50)		
Ironman Participation fee (\$13)		
Ironman Certificate (\$3.50)		
Long Sleeve T-shirt (\$25)	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> XXL	
Total:		

Check box for pool type: Yards Short Course Meters Long Course Meters



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Enter your times (mm:ss.hh) for each individual event	Sprint Course 50 yards/meters each stroke and 100 IM	Middle Distance 100 yards/meters each stroke and 200 IM	Ironman 200 yards/meters each stroke and 400 IM
Butterfly			
Backstroke			
Breaststroke			
Crawlstroke			
Individual Medley			
Date Swum			

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.

Swimmers Name(printed) _____

Swimmers Signature: _____ Date _____

Witness Name: _____ Witness Signature: _____