



"GARSOE-SCHERMERHORN" MEMORIAL MASTERS SWIM MEET PENTATHLON

Sponsored by Lower Bucks Y Masters and the Pennsbury Varsity Swim Teams.

Recognized by USMS tbd

Date and Time: Sunday March 1, 2015

Warm up: 8:45 A.M.

Start: 9:30 A.M.



Location: Medill Bair Sports Complex, Pennsbury High School, 705 Hood Blvd., Fairless Hills, Pa. 19030

Meet Director: Joe Lawton 215-493-8486 (lawtonj64@Gmail.com)

Awards Director: Greta Carlton

QA Auditor: Kevin Marshall

Facility: The pool is a certified 6 lane, 25 yard pool with electronic timing. Individual lockers (locks needed) are available in the Locker rooms. It is a fast pool and each year a national record or a top ten time has been set at this meet.

Eligibility: This meet is open to all swimmers 18 years or older. **If you are U.S.M.S. registered, a copy of your 2015 U.S.M.S. Registration Card must be included with your entry for Top Ten consideration.**

Seeding: Swimmers will be seeded by time submitted, slow to fast. If time unknown, please estimate. Participants will be limited to five individual events and one time trial.

Order of Events	1.	100 yd. Breast	9.	200 yd. Back
	2.	50 yd. Back	10.	100 yd. Free
	3.	400 yd. Ind. Medley	11.	50 yd. Breast
	4.	100 yd. Fly	12.	200 yd Fly
		5 min Warm up Break		5 min Warm up Break
	5.	50 yd. Free	13.	100 yd. Back
	6.	200 yd. Breast	14.	100 yd. Ind. Medley
	7.	200 yd. Ind. Medley	*15.	200 yd. Free
	8.	50 yd. Fly		
		5 min Warm up Break		

* A special **memorial patch** will be given to first place winners in this event.

Meet Length Our meet typically lasts 4 - 5 hours.

Pentathlons Three Pentathlons - Sprint, Middle Distance, and Iron - are available. To compete in a Pentathlon a swimmer must swim all five events in the chosen Pentathlon. For the Sprint Pentathlon the events are the 50 Back, 50 Free, 50 Fly, 50 Breast, and 100 Ind. Medley. For the Middle Distance Pentathlon the events are the 100 Breast, 100 Fly, 200 Ind. Medley, 100 Free, and 100 Back. For the Iron Pentathlon the events are the 400 Ind. Medley, 200 Breast, 200 Back, 200 Fly, and the 200 Free. Pentathlon winners will be determined by the lowest cumulative times.

Swimmers need not enter a Pentathlon to swim in any event of this meet.

Awards: Medals are awarded for all first place finishes. Ribbons are awarded for 2nd and 3rd places. Special awards are awarded to Pentathlon and 200 Free winners.

Results: Results are posted on the USMS Website <http://www.dvmasters.org/> under results tab usually within 2 weeks following the meet. Electronic results will also be e-mailed at no cost.

Meet History: This Meet has been held annually on the 1st Sunday of March since 1985. The original Meet Director was Ed Morgan (1985-1995). Neal Conrad was Meet Director from (1996-2003) and has also supported the meet for many years as the Starter. The meet was previously named in memoriam for Lyman Schermerhorn who passed away after completing a 200 Free race. Lyman Schermerhorn will continue to be honored by the 200 Free patch which is given to all swimmers who swim in this event. In 2012 the name of the meet is being changed to recognize the late Norm Garsoe, the former President of the Lower Bucks Y Swimmers, and his wife Pat who helped organize and run this meet since the beginning. Other Lower Bucks Y Swimmers who have supported this meet for many years are Jim &

Marilyn Kremzier, Sam & Maryly Hossain, Al McClain & his late wife, Mary Ann McClain, John Slipka, and Carl & Karen Wanjek. Also, this meet would not be possible without the outstanding support of the members of the Pennsbury High School Swim Team who work as timers and the Parents Aquatic Club which runs the meet program. We are looking forward to many more years to come. Hope to see you on the starting blocks this year.

Notable Meet Record Holders:

Top 3 Female Record Holders across all age groups/events since the meet began:

J. Merryman - C1776	18
Janet H. Moeller - C1776	16
Melinda S Wolff - 1776	9
Nancy Steadman Martin - GSM-	9

Top 3 Male Record Holders across all age groups/events since the meet began:

Jay R Platt - PAFC	11
H. Begel - C1776	10
R. Franks - BDY	8

Directions:

From the South-Maryland, Delaware, Philadelphia via I-95

Depart I-95 at the Bristol exit (which is 17.5 miles north of the big blue Benjamin Franklin Bridge in Philadelphia). At the traffic light, turn left and proceed North on route 413 for 1.4 miles and turn right on New Falls Road (Mobile station on the corner).

* Straight ahead on New Falls for 3.7 miles, and make a left turn on Hood Blvd. (just past Burger King). Pennsbury High School is on the right. The pool is located in the Sports Complex on the left after entering the campus.

From the North via I-95. Depart I-95 at exit 44 (US 1 Business), and turn left (toward Levittown - get into right lane). At the second traffic light, turn right on to New Rodgers Road (route 413). After 2.3 miles on New Rodgers Road, turn left on to New Falls Road (Mobile on far corner) and follow * directions above.

From Trenton via US 1 After crossing the Delaware River, proceed west on US 1, and follow the signs to US 13 toward Bristol. After 1.8 miles on US 13, exit right (Penn Valley). At the traffic light, turn right (Penn Valley Road - which becomes Hood Blvd).

**Pennsbury High School is 1.3 miles on the right side. The pool is located in the Sports Complex on the left after entering the school campus.

From the Pennsylvania Turnpike. Depart the Turnpike at exit 358 (old exit 29) and proceed North - left on US 13. 4.9 miles from the turnpike toll booth, make a right turn at the Penn Valley exit. At the stop sign, make a left turn on Penn Valley Rd. (which becomes Hood Blvd). Follow ** directions above.

Lost and driving around? Call the Pool Office at 215-949-6762.

Lower Bucks Y Masters Swim Meet-Pentathlon Entry Form (THIS PAGE MUST BE RETURNED WITH YOUR ENTRY)

Entry Deadline This Entry Form must be **in the hands of the Meet Director by February 23, 2015.** No entries will be accepted after the meet is seeded. No deck entries will be allowed at the Meet.

Entries: Fill out table below, max of 5 events . Entry fee = \$1.00/event

	Event #	Event Description	Seed Time	Entry Fee
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
Meet Surcharge				<u>\$20.00</u>
Total Entry Fee =				_____

Make checks payable to: Lower Bucks Y Masters

Mail entries to: Joe Lawton 1213 Revere Rd. Yardley, PA 19067 (No e-mail entries accepted.)

USMS REGISTERED SWIMMERS MUST ATTACH A COPY OF THEIR 2015 CARD FOR TOP TEN CONSIDERATION

Release from liability: Must be signed and dated before swimmer may compete.

Release by Participant from Liability: 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 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.

SIGNED: _____ DATE _____

PRINT NAME _____ Date of Birth (MM/DD/YY) _____ GENDER _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

PHONE # _____ LMSC TEAM _____

EMERGENCY CONTACT: Name (print) _____ Phone # _____

Results may be viewed online at <http://www.dvmasters.org/>