



**Mission Valley YMCA  
2015 Masters SCY  
"PANCAKE PENTATHLON" & Swim Meet  
Sunday, March 22, 2015**



**Sanction:** Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS), **Sanction #: 445-S003**

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

**Location:** Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110  
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.17 and 107.2.1.

**Date/Time:** Sunday, March 22, 2015, 9:00 am warm-up, 10:00 am start

**Entry Fee/** Mail & Online Entry: \$20 flat fee with completed entry received by Sat., March 21, 2015.

**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=6216](https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=6216)  
By Mail - submit (1) this completed form with signed liability release, (2) a clear copy of your 2015 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](mailto:kerujo@aol.com)  
Meet Host: Kyle Broderick (619) 298-3576 x1216, [kbroderick@ymca.org](mailto:kbroderick@ymca.org)

**Name:** \_\_\_\_\_ **USMS #:** \_\_\_\_\_ - \_\_\_\_\_

**Phone:** (\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_ (or foreign equivalent)

**Address:** \_\_\_\_\_

**Swim Club:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Birthdate:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age on 3/22/15:** \_\_\_\_ **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	___ : ___ . ___	17-19.	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 Medley Relay (W/M/Mixed)				

The Liability Release on page two must be signed and returned with page one of this entry form before a swimmer can be entered into the meet.

# Mission Valley YMCA 2015 Masters SCY "PANCAKE PENTATHLON" & Swim Meet Sunday, March 22, 2015 ~ SANCTION #445-S003

## Release from Liability

### 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.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**2015 Mission Valley YMCA Short Course Yards "Pancake Pentathlon" & Masters Swim Meet  
Sunday, March 22, 2015, Sanction # 445-S003**

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<b><u>Date/Time:</u></b>	Sunday, March 22, 2015, 9:00 am warm-up, 10:00 am start.
<b><u>Location:</u></b>	Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110.
<b><u>Entry Fee/</u></b>	Online/Mail: \$20 flat fee with completed entry received by 4 pm, Sat., March 21, 2015.
<b><u>Due Dates:</u></b>	Deck Entry: \$25 flat fee with completed entry provided prior to 9:00 am on day-of meet.
<b><u>To Enter:</u></b>	Online: <a href="https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&amp;smid=6216">https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&amp;smid=6216</a> By Mail - Submit (1) this completed form with signed liability release, (2) a clear copy of your 2015 USMS or foreign membership card, & (3) a check payable to "Kenton Jones" to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
<b><u>Eligibility:</u></b>	All persons holding a 2015 United States Masters Swimming (USMS) membership card
<b>2015 USMS Card Required</b>	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 <a href="http://www.usms.org/reg/register.php?LMSCID=44">http://www.usms.org/reg/register.php?LMSCID=44</a> . A membership form can be downloaded from <a href="http://www.SIMasterSwim.org/member.html">http://www.SIMasterSwim.org/member.html</a> .
<b><u>USMS Rules:</u></b>	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 without a bulkhead is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.17 and 107.2.1.
<b><u>Warm-Up</u></b>	<b>&amp;NO DIVING</b> is permitted into the pool during the pre-meet warm-up except into a
<b><u>Warm-Down</u></b>	designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner.
<b><u>Rules:</u></b>	During the meet, <b>diving is NEVER permitted into the warm-up &amp; warm-down lanes.</b>
<b><u>Age Groups:</u></b>	18 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, ... in five year increments as high as needed.
<b><u>Seeding:</u></b>	All event heats are seeded "slow to fast" by entry time regardless of age or gender.
<b><u>Events:</u></b>	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.
<b><u>Check-In:</u></b>	Check-in is required for the 500, 1000 & 1650 yard Freestyles & closes after Event 12.
<b><u>Pentathlon Award:</u></b>	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.
<b><u>Pool:</u></b>	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.
<b><u>Timing:</u></b>	Electronic Timing - Colorado Timing System 5.0 & Electronic Scoreboard
<b><u>Pancakes:</u></b>	Served complimentary to participants & guests throughout the meet by the YMCA.
<b><u>SI Meeting:</u></b>	An SI LMSC meeting will take place during or following the meet.
<b><u>Directions to Mission Valley YMCA at 5505 Friars Rd, San Diego, CA 92110,</u></b>	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.
<b><u>From I-5 Southbound:</u></b>	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;
<b><u>From I-5 Northbound:</u></b>	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;
<b><u>From I-8 Westbound:</u></b>	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.

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