

**O\*H\*I\*O MASTERS 2015 PENTATHLON (SCY) SWIM MEET**

**AKRON GENERAL HEALTH & WELLNESS CENTER - NORTH**

**4300 Allen Road, Stow, Ohio 44224**

**Sunday, November 1, 2015**

**USMS SANCTION: # 185-S00\_**

**DATES** Warm-ups: 9:00 a.m. **Deck entries until 9:30 a.m** Meet: 10:00 a.m.

**POOL** The natatorium is a premier facility built in 2007. The pool has six lanes (25 yards) with anti-turbulent lane lines along with a spa and leisure pool. It is used by the Stow-Munroe Falls High School Swim Team along with the O\*H\*I\*O Masters Akron General workout group. Five of the six lanes will be used for the meet with the sixth lane available for warm ups and cool downs.

**LOCATION** The natatorium is part of a state of the art, 96,400 square foot fitness and health center. A good description of this facility is found at [www.aquaticsintl.com/2008/dreamdesigns/akron.html](http://www.aquaticsintl.com/2008/dreamdesigns/akron.html).

Directions from Route 8 South: Traveling on Route 8 South, exit at Steels Corners Road. Take a left and go over the bridge. Turn left on Allen Road. The Health & Wellness Center is located at 4300 Allen Road.

Directions Traveling on Route 8 North: Exit at Steels Corners Road. Take a right. Turn left on Allen Road.

Directions from 77 South/North: Traveling on 77, merge onto Route 8 North. On Route 8 North, exit at Steels Corners Road. Take a right. Turn left on Allen Road.

From 271 South: Traveling on 271 South, exit to Route 8 South. Follow Route 8 South. Directions Above

**ELIGIBILITY** 2015 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered with U.S. Masters Swimming for 2015. If not registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events. The USMS Release of Liability must be signed electronically during online meet entry or must be signed on paper for mailed entries. Please provide a copy of your USMS card with mailed entries.

**DEADLINES** Online registration is offered on ClubAssistant.com. Online entries will close at **NOON** **on Saturday, October 31,** 2015. **Paper entries must be received by the Meet Director by Wednesday, October 28, 2015**. Deck entries will be accepted until **9:30 a.m**. on November 1, 2015.

**ENTRIES**  **ONLINE ENTRIES PAPER ENTRIES**

**FEES O\*H\*I\*O Masters Members: $25.00 O\*H\*I\*O Masters Members: $30.00**

 **Non-O\*H\*I\*O: $35.00 Non-O\*H\*I\*O: $40.00**

 **All DECK Entries: $50.00 Relays are free.**

 Online entries are paid by credit card to ClubAssistant.com and your credit card will be charged by "ClubAssistant.com Event Billing" for this swim meet. For mailed entries, make checks payable to **O\*H\*I\*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Cleveland, Ohio 44143.** Online entries are cost effective and strongly recommended.

**AGE GROUPS** Age of competitor on November 1, 2015 will determine age group. Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, etc. For relays: age group is determined by the age of the youngest swimmer: 18+, 25+, 35+, 45+, etc.

**AWARDS** To be eligible for the Pentathlon Award, swimmer must compete in all 5 of the mini or all 5 of the maxi pentathlon

 events. There will be a high-point Pentathlon award given for each age and gender group based on a total time in the

5 events. Ribbons will be given for those who want them for individual events and who do not win the pentathlon. Results will be posted on www.ohiomasters.com usually within a day or two.

**SEEDING** Heats formed by submitted times, regardless of age or sex, and progress from fast to slow to "No Time" and deck entries.

**MEET DIRECTORS** Kevin McCardle and Tom Gorman

**MAIL IN ENTRY FORM**

**O\*H\*I\*O MASTERS PENTATHLON SWIM MEET - SHORT COURSE 25 YARDS**

**AKRON GENERAL HEALTH & WELLNESS CENTER - NORTH**

**November 1, 2015**

**USMS SANCTION: # 185-S00\_**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_ AGE ON Nov. 1, 2015 \_\_\_\_ BIRTHDATE \_\_\_\_\_\_\_\_\_\_\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CITY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE \_\_\_ ZIP \_\_\_\_\_\_\_

PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM \_\_\_\_\_\_\_ or UNattached \_\_\_\_ USMS #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (with copy of card)

Enter one Pentathlon Event - either the Mini-Pentathlon (50’s with the 100 yard IM) or the Maxi-Pentathlon (100’s with the 200 yard IM). You can also swim individual events if you do not wish to swim the Pentathlon. (maximum of 5 events) Please enter seed times or "No Time." for each of your events.

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| --- | --- | --- | --- |
|  |  |  |  |
|   |   | **SEEDTIME / BEST GUESS** |   |
| # |  EVENT | MINI-PENTATHLON | MAXI-PENTATHLON |
| 1 | 50 BUTTERFLY |   |   |
| 2 | 100 BUTTERFLY |   |   |
| 3 | 50 BACKSTROKE |   |   |
| 4 | 100 BACKSTROKE |   |   |
|   |   | **15 MINUTE BREAK / WARM UP** |   |
| 5 | 50 BREASTSTROKE |   |   |
| 6 | 100 BREASTSTROKE |   |   |
| 7 | 50 FREESTYLE |   |   |
| 8 | 100 FREESTYLE |   |   |
|   |   | **15 MINUTE BREAK / WARM UP** |   |
| 9 | 100 INDIVIDUAL MEDLEY |   |   |
| 10 | 200 INDIVIDUAL MEDLEY |   |   |
|  | **10 MINUTE BREAK / WARM UP** |
| 11 | 200 MEDLEY RELAY |  |  |
| 12 | 400 MEDLEY RELAY |  |  |
|  |  |  |  |

**ENTRY FEES:** Paper Entry O\*H\*I\*O Masters Member $30.00 = \_\_\_\_\_\_

 Paper Entry NON - O\*H\*I\*O Masters Member $40.00 = \_\_\_\_\_\_

 ALL DECK Entries $50.00 = \_\_\_\_\_\_

**Deadline : Deadline for Online Entries is Noon, Saturday, October 31, 2015. Paper entries must be received by Wednesday, October 28, 2015.** For paper entries make checks payable to: **O\*H\*I\*O MASTERS SWIM CLUB.** Mail to: Meet Director, P.O. Box 43824, Cleveland, Ohio 44143

**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 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sanctioned by Lake Erie LMSC for USMS,Inc. # **185-S00\_**