

**U.S. Masters Swimming/ Utah
S.H.A.C. Pentathlon
Saturday, January 9, 2016
Meet Starts at 2:00 PM: Warm ups at 1:00 PM
SANCTION #TBA**

- Meet Director:** Lynne Lund 760 844-6288, email: dragonflynnne@gmail.com
- Referee:** Adam Caldwell
- Facility:** Sand Hollow Aquatic Center is a 10 lane, 25 yard pool
- Location:** 1144 N Lava Flow Drive, St. George, UT 84770 (435) 6345938
- Directions:** From I-15: Use the S. Dixie Exit (S of Bluff Street). Exit to the west (Santa Clara) on S. Dixie Dr. and travel approximately 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 white canvas dome on the right. From the center of St. George City, take St. George Blvd west to Bluff Street. Turn right (north) on Bluff and proceed to Sunset Blvd & turn left. Drive 2 miles to Lava Flow Drive and turn right.
- Meet Conduct:** 2016 U.S. Masters Swimming rules will govern conduct of this meet
- Warm-up & Cool Down:** Warmups will be in the competition pool for 1 hour prior to the meet. There will be an additional 10-minute cool down after the 1000 Freestyle. Lanes will be available during the meet for warmups and cool downs.
- Eligibility:** All swimmers must show proof of 2016 registration with **US Masters Swimming**. One event registration is available.
- Eligibility rules:** For the short course yards, the eligibility of a participant for a particular age group shall be determined by the age of the person on the day of the meet
- Age Groups:** Individual Events - 18-24, 25-29, 30-34, 35- . . . (five year age groups as high as necessary)
- Seeding:** All events will be timed finals with heats seeded by time, slowest to fastest, mixed gender.
Do not enter N.T.
- Special Note:** Participant may swim only one of four Pentathlon events: Freestyle, Sprint IM, Middle Distance IM, or the Ironman IM. There is a 5 event limit. One may swim up to 5 individual events in lieu of signing up for a pentathlon.
- 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: \$28.00 (Late Fee After January 7 is \$35.00)**
- Entries:** Entries are only accepted through Club Assistant through January 7th, after which entries will be accepted on deck on January 9, before 12:45 PM. Note: Club Assistant entries only on or before January 7
- Facility Opens:** 8:00 am (see warm-ups above)
- Awards:** Different awards for different events
- Host Hotel:** Best Western Coral Cliffs Motel in downtown St. George. Ask for the US Masters swimming rate (435) 673 4844, 125 E. St. George Blvd, St. George, UT 84770

U.S. Masters Swimming/Utah Club, S.H.A.C Pentathlon, Sat, January 7, 2016 , Warm-ups 1:00 PM, Meet Start: 2:00 PM

S.H.A.C. Pentathlon 1/9/16

Deck Entry Form

Event	Seed Time	
1. 1000 yard Free (10m warmup & cool down)	Min _____	Sec _____
2. 400 yard IM	Min _____	Sec _____
3. 200 yard IM	Min _____	Sec _____
4. 100 yard IM	Min _____	Sec _____
5. 500 yard Free	Min _____	Sec _____
6. 200 yard Butterfly	Min _____	Sec _____
7. 100 yard Butterfly	Min _____	Sec _____
8. 50 yard Butterfly	Min _____	Sec _____
9. 200 yard Free	Min _____	Sec _____
10. 200 yard Backstroke	Min _____	Sec _____
11. 100 yard Backstroke	Min _____	Sec _____
12. 50 yard Backstroke	Min _____	Sec _____
13. 100 yard Free	Min _____	Sec _____
14. 200 yard Breaststroke	Min _____	Sec _____
15. 100 yard Breaststroke	Min _____	Sec _____
16. 50 yard Breaststroke	Min _____	Sec _____
17. 100 yard Free	Min _____	Sec _____
18. 100 yard Free	Min _____	Sec _____
19. 50 yard Free	Min _____	Sec _____

If you choose to enter a pentathlon, circle it below and submit times for events of that Pentathlon.

Freestyle Pentathlon (1000, 500, 200, 100, and 50 Free)

Sprint IM Pentathlon (100 IM, 50 Fly, 50 Back, 50 Breast, and 50 Free)

Mid Distance IM Pentathlon (200 IM, 100 Fly, 100 Back, 100 Breast, and 100 Free)

Ironman IM Pentathlon (400 IM, 200 Fly, 200 Back, 200 Breast, and 200 Free)

Individual Events, no pentathlon (Circle the events you will swim & enter seed times, limit of 5.)

Meet Fee through club Assistant (pre-registration) \$28.00

Deck Entry Fee (Before 12:45 on January 9 only) \$35.00

Name: Last: _____ First _____ 2016 USMS# _____

Address: _____ City _____ State _____

Phone: _____ Second Phone (not required) _____

Birthdate ____/____/____ Age on January 9, 2016: _____

Email _____@_____

Club Affiliation _____

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 dry land 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.

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

Last Name: _____ First Name _____ MI _____

Sex (circle) M F Date of Birth (mm/dd/yyyy) _____

Street Address, City, State, Zip _____

Signature of Participant _____ Date Signed _____