



2016 Somerset County YMCA Masters Pentathlon Swim Festival

Saturday, December 10, 2016

Warm-ups 10:00 am Meet Starts 11:15 am



Sanctioned by NJ-LMSC for USMS, Inc.: Sanction # 076-S003

Hosted by Somerset County YMCA Masters Swim Club

Meet Director – Ed Tsuzuki

Meet Referee – Perry Novak

Facilities: **Somerset Valley YMCA** 601 Garretson Road, Bridgewater, NJ 08807
Indoor ten lane – 25 meter (6 lanes will be used for competition; 1-2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Deck space for 100+ swimmers, and 100+ spectators. While there are spectator bleachers provided (mezzanine level), there are no seats on the deck – plan to bring your own chairs.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: Open to all 2016 (or 2017) registered United States Masters Swimming (USMS) members 18 years or older as of December 10, 2016.

Rules: 2016 USMS rules apply.

Entries: Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 4 pentathlons, you must enter 5 events as follows:

	Pentathlon	Events
1	Sprint	50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM
2	Middle Distance	100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM
3	Iron Man	200 Fly, 200 Back, 200 Breast, 200 Free, 400 IM
4	Freestyle	50, 100, 200, 400, 1500 Free

Deadline: On-line entries close 11:59PM December 7th. Paper entries must be received by December 7th. Mail your entry form, copy of your 2016 USMS card, and check for \$40.00 payable to “Somerset Hills YMCA” to:

Ed Tsuzuki
103 Orion Way
Neshanic Station, NJ
08853

Deck Entries will be accepted up until the start of the meet, at a fee of \$50.00. Deck entrants may be seeded into open lanes of existing heats.

Information: Contact Ed Tsuzuki – Phone: (732) 718-5131 E-Mail: edtsuzuki@gmail.com

Seeding: All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.

Awards: Awards for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon event (Sprint, Middle Distance, Iron Man and Freestyle) receive trophies.

Fees: \$40.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to “Somerset Hills YMCA”. Deck entrant fees are \$50.00.

Warm-Up: The pool will be available for warm-up from 10:00 to 11:10 am. Warm-up/warm-down lane(s) will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up.

Relays: **Relay entries will be free, however, all relay swimmers must be entered in at least one individual event.** Relays will be deck entered. Relay entry forms will be provided and must be submitted at least 4 events before the relay event.

On-line Entry: https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=8266

2016 Somerset County YMCA Masters – SCM Pentathlon Swim Festival
December 10, 2016

First Name _____ Last _____

Gender _____ Date of Birth _____

USMS # _____

USMS Club _____

Address _____

City/State/Zip _____

Telephone _____

E-Mail _____

Please attach a copy
of your 2016 or 2017
USMS registration
card HERE.

REMEMBER:

Complete information above and attach USMS card (at right)
 or enter on-line at https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=8266
 Sign and Date the Liability release (next page)
 Include a check for \$40.00, payable to "Somerset Hills YMCA"
 Mail to Ed Tsuzuki, 103 Orion Way, Neshanic Station, NJ 08853

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	400	Free	Freestyle	_____
2	400	IM	Iron Man	_____
Short Break – start time for remainder of meet will be communicated in advance based on entries for the 400 meter events (1 & 2)				
3	100	Fly	Middle Distance	_____
4	50	Back	Sprint	_____
5	200	Free	Iron Man and Freestyle	_____
6	200	IM	Middle Distance	_____
7	50	Fly	Sprint	_____
8	200	Breast	Iron Man	_____
9	100	Free	Middle Distance and Freestyle	_____
10	100	IM	Sprint	_____
11	200	Free	RELAY	Deck Entered
12	200	Back	Iron Man	_____
13	100	Breast	Middle Distance	_____
14	50	Free	Sprint and Freestyle	_____
15	200	Fly	Iron Man	_____
16	100	Back	Middle Distance	_____
17	50	Breast	Sprint	_____
18	200	Medley	RELAY	Deck Entered
Short Break – start time for the 1500 will be communicated in advance based on anticipated meet timeline				
19	1500	Free	Freestyle	_____

- Circle the Event # and enter your short course meters seed time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 10:00 AM
- Meet starts at 11:15 AM



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.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed