

SANCTION# _____

ENTRY FORM: UTAH MASTERS – SAND HOLLOW PENTATHALON (SCY) MEET

Saturday January 12, 2013

Pool opens 12 a.m. --- Meet starts at 1 p.m. (MST)

Mixed Event (Short Course Yards) Seed Time

1. 1000y Free (FP) Min ____ sec ____
**20 minutes Swim Down and Warm Up
2. 400y IM Min ____ sec ____
3. 200y IM Min ____ sec ____
4. 100y IM Min ____ sec ____
5. 500y Freestyle (FP) Min ____ sec ____
6. 200y Butterfly Min ____ sec ____
7. 100y Butterfly Min ____ sec ____
8. 50y Butterfly Min ____ sec ____
9. 200y Freestyle (FP) Min ____ sec ____
10. 200y Backstroke Min ____ sec ____
11. 100y Backstroke Min ____ sec ____
12. 50y Backstroke Min ____ sec ____
13. 100y Freestyle (FP) Min ____ sec ____
14. 200y Breaststroke Min ____ sec ____
15. 100y Breaststroke Min ____ sec ____
16. 50y Breaststroke Min ____ sec ____
17. 200y Freestyle Min ____ sec ____
18. 100y Freestyle Min ____ sec ____
19. 50y Freestyle (FP)(SP) Min ____ sec ____

Only one Pentathlon may be entered. Please circle your choice:

Freestyle Pentathlon (1000, 500, 200, 100, 50) (FP)

Sprint IM Pentathlon (100 IM, 50 FL, 50 BK, 50 BR, 50 Free) (SP)

MidDistance IM Pent (200 IM, 100 FL, 100 BK, 100 BR, 100 Free)

Iron Man IM Pent (400 IM, 200 FL, 200 BK, 200 BR, 200 Free)

Individual swimming events (no pentathlon) 5 events max.

Meet Fee (rec'd by January 10, 2012) \$ 20.00

Deck Entry Fee additional \$10.00 _____

Total: \$ _____

____ Please check here if you are interested in being
hosted by a St. George team member

PLEASE PRINT LARGE AND CLEAR

Last name _____ First Name _____ 2012 USMS# _____ (attach copy)

Street _____ City _____ State _____

Email _____ Phone _____ Team Name _____

Birth Date _____ Age on January 12, 2013 3

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 FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING, UNITED STATES MTSERS 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.

Date _____ Signature _____

Please Check: Did you

____ Sign the Waiver?

____ Include check payable to Lynne Lund?

____ Include copy of USMS card?

Copy Entry Form and mail to: LYNNE LUND
39 N VALLEY VIEW -- #97
ST. GEORGE, UT 84770

Official Use Only: _____ Redc'd date _____ Waiver _____ USMS card _____ Check #1 _____ Check #2 _____

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SAND HOLLOW SWIMMING PENTATHALON

JANUARY 12, 2013

Sanction#	
Meet Director:	LYNNE LUND (760-844-6288)
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) 634-5938
Directions:	From I-15 take Exit 8 (St. George Boulevard) West to Bluff Street, (base of cliffs) turn right and go North, turn left at Sunset Boulevard, continue West (toward mountains) approx. 3 miles to Lava Flow Drive. Sand Hollow Aquatic Center is on the right, look for two white tent-like domes.
Meet Conduct:	2013 USMS rules will govern conduct of this meet.
Warm-up/cool-down:	Warm-up will be in the competition pool for 1 hour prior to meet. There will be an additional 20-minute warm-up after the 1000 Freestyle. Warm-up and cool-down lanes will be available.
Eligibility:	All swimmers must be registered with USMS (proof is required). Important eligibility rule: Rule 102.2 2: For short course yards the eligibility of a participant for a particular age group shall be determined as of January 12, 2013.
Age Groups:	18-24, 25-29, 30-34, 35-39, 40-44, etc. in 5-year increments.
Relay Age Groups:	18,24, 25-34, 35-44, 45-54, 55-64, 65-74, 75-84, etc. in 10-year increments. Relay age group is determined by youngest member of the team.
Seeding:	All events will be timed finals with heats seeded by time, slowest to fastest, mixed gender.
Please note:	Participants may only swim one of four Pentathlon events: Freestyle, Sprint IM, Middle Distance IM or Iron Man IM. Participants may choose to swim just individual events.
Records:	Swimmers attempting to set records during the meet should notify the Starter to assure that three official Timers will be present.
Heats:	Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers Without seed times may be placed in the slowest (earlier) heats.
Fees:	Meet entry fee: \$20.00 – enclose with entry form.
Entries:	Entries are due by January 10, 2013, or postmarked by January 8, 2013. MAKE CHECK PAYABLE TO: Lynne Lund MAIL TO: Lynne Lund 39 N Valley View -- #97 St. George, UT 84770
Same Day Entries:	Same day deck entries will be accepted until 12:45 p.m. with an additional fee of \$10.00. USMS/Utah registration for 2013 will be offered on deck for \$45.00. It is highly recommended you register beforehand at USMS.org or utahmasters.org
Pool Opens:	Pool opens at 12 noon. COMPETITION BEGINS AT 1 p.m.
Awards:	Different awards for different events.
Hosted Housing:	Sand Hollow master's team is providing hosted housing for individual swimmers (no children --bring sleeping bag). If you are interested in being hosted, please check on entry form.