**NWAA MASTERS**

Pentathlon Invitational

**Sanctioned by ARKM for USMS -- Sanction # 233- S004**

**WHEN:** Saturday, December 14, 2013. Warm up: 12:30 PM

Meet Starts: 1:30 PM.

**WHERE:** WALTON LIFE FITNESS CENTER

1701 SE 14th St.

BENTONVILLE, ARKANSAS 72716

10 lane x 25 yard indoor pool. At least 1 lane will be used for warm-

up/cool-down throughout the meet. There is no seating. Bring your own chairs!

**DIRECTIONS:** From S of Bentonville: From I-540, take Exit 86 and turn left. The WLFC is 0.8 miles, on your right.

From N of Bentonville: From I-540, take Exit 86 and turn right. The WLFC is 0.8 miles on your right.

**ELIGIBILITY:** The meet is open to all USMS registered Masters Swimmers age 18 or over as of December 14, 2013. “For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.”(Article 102.2.1 of the 2013 USMS Rule Book)

1 Day Registration may be done for this event only ($15),or for the remainder of 2013 and all of 2014 ($44) via http://www.usms.org

**FORMAT:** The meet will be conducted under the 2013 USMS rules, including the no false start rule. Deck entries will be accepted until 12:30pm on the day of the meet. The meet will be deck seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals.

**TIMING:** Electronic timing will be used with at least one watch per lane as a backup system.

**ENTRY LIMIT:** Each swimmer may enter a maximum of 5 events. You may enter a Pentathlon or individual events. Swimmers that complete a pentathlon will be eligible for participant awards. Awards will be given to the top Male and Female swimmers for each Pentathlon distance.

**AWARDS:** Awards will be given to the Top Male and Female finisher in each Pentathlon distance. Participation awards will be given to all other Pentathlon participants.

**TO ENTER:** Pre- entry fee is $20 for Pentathlons and $5 per individual event if postmarked by SATURDAY, DECEMBER 7, 2013.

**Make checks payable to Arkansas Masters and mail entries to:**

**Attn: Tonya Vandermey**

**1458 St. Clair**

**Pea Ridge, AR**

Deck entry fee is $30 for pentathlons and $6 per individual events. Deck entries close at 1:00 pm the day of the meet. All deck entrants will be required to show their 2013 registration card before the start of the meet.

**NWAA MASTERS PENTATHLON ENTRY FORM**

SANCTIONED BY THE ARKM FOR USMS, Inc. Sanction # 233-S004

**ATTACH A COPY OF YOUR 2013 USMS CARD HERE!**

YOU CAN PRINT A COPY OF YOUR USMS CARD AT:

[www.clubassistant.com/club/usms\_member\_card\_request.cfm](http://www.clubassistant.com/club/usms_member_card_request.cfm)

You may swim individual events if you do not wish to swim a Pentathlon.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **EVENT** | **SUPER SPRINT** | **SPRINT** | **½ IRONMAN** | **IRONMAN** |
| **1\*** | **25 BUTTERFLY** |  |  |  |  |
| **2** | **50 BUTTERFLY** |  |  |  |  |
| **3** | **100 BUTTERFLY** |  |  |  |  |
| **4** | **200 BUTTERFLY** |  |  |  |  |
| **5\*** | **25 BACKSTROKE** |  |  |  |  |
| **6** | **50 BACKSTROKE** |  |  |  |  |
| **7** | **100 BACKSTROKE** |  |  |  |  |
| **8** | **200 BACKSTROKE** |  |  |  |  |
| **9\*** | **25 BREASTROKE** |  |  |  |  |
| **10** | **50 BREASTROKE** |  |  |  |  |
| **11** | **100 BREASTROKE** |  |  |  |  |
| **12** | **200 BREASTROKE** |  |  |  |  |
| **13\*** | **25 FREESTYLE** |  |  |  |  |
| **14** | **50 FREESTYLE** |  |  |  |  |
| **15** | **100 FREESTYLE** |  |  |  |  |
| **16** | **200 FREESTYLE** |  |  |  |  |
| **17** | **100 I. M.** |  |  |  |  |
| **18** | **200 I.M.** |  |  |  |  |
| **19** | **400 I.M.** |  |  |  |  |
| **20\*** | **800 I.M.** |  |  |  |  |

**\*Not officially recognized USMS events**

**Entry Fees: Pentathlon $20.00 = $\_\_\_\_\_\_\_**

**Individual Events \_\_\_\_\_\_\_ x $5.00 = $\_\_\_\_\_\_\_**

**Deck Entry Pentathlon $30.00 = $\_\_\_\_\_\_\_**

**Deck Entry Indiv. Event \_\_\_\_\_\_\_ x $6.00 = $\_\_\_\_\_\_\_**

**TOTAL: $\_\_\_\_\_\_\_\_**

**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 of 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 acitivities 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 United States Masters Swimming.**

**DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**