

Wasatch Aquatic Center

Mile High Pentathlon Swim Meet

August 22-23, 2014

Sanction #

Meet Director: Dennis Tesch, Wasatch Aquatic Center, 800 South 200 East, Heber City, UT 84032. Phone (435) 654-3450; Email: dennis.tesch@wasatch.edu

Meet Referee: Barry Hayden – 801-546-0540

Facility: Wasatch Aquatic Center is a 6 Lane 25 yard pool. Pool Length verification from USMS rule section 202.1.1.A(3) i. 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. ii. The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 107.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records. Iii. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1). iv. 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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

Location: 800 South 200 East, Heber City, UT 84032. (435) 654-3450

Directions: Take I-80 East from SLC headed toward Park City (26 miles). Take exit 146 to merge onto US 40 headed toward Heber City/Vernal. (17.3 Miles) Turn Left on 800 South (Just past Heber City High School). Pool is located on east side of Wasatch Junior High School.

Meet Conduct: 2014 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. Each heat will be given a minute or two to cool down.

Eligibility: All swimmers must be registered with USMS (proof is required). USMS/Utah 2014 registration. 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 August 22, 2014.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc. in 5 year increments.

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest. Genders will swim together (mixed).

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that two official timers will be present.

Heats: Heat sheets will be posted around the deck and will be available on Meet Mobile. 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.

Pentathlon Events: There are six (6) pentathlon events:

Sprint IM – 50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM

Mid Distance IM – 100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM

Distance IM – 200 Fly, 200 Back, 200 Breast, 200 Fly, 400 IM

Sprint Free – 50 Free, 100 Free, 200 Free

Mid Distance Free – 100 Free, 200 Free, 500 Free

Distance Free – 200 Free, 500 Free, 1650 Free

Please note: Participants may swim at total of 6 Events. Swimmers are not required to enter a pentathlon event. Swimmers entering an IM pentathlon event may enter one extra event. Swimmers entering a free pentathlon event can enter 3 more events.

Entries: Entries are due by August 16, 2014 or post marked by August 14, 2014.

Entry Fees: \$15 per person online - \$20 per person snail mail (hand delivered)

One Event Registrations will be allowed online.

Same Day Deck Entries and fee: Deck entries will be accepted until 8:45 am. There is an additional \$10.00 meet fee for deck entries.

Session One: August 22 - Warm Up 4:00 p.m., meet starts at 5:00 p.m.

Session Two: August 23 – Warm up 8:00 a.m., meet starts at 9:00 a.m.

Session Three: August 24 – Warm up 3:00 p.m., meet starts at 4:00 p.m.

Awards: Awards will be given out to the top three individuals (male/female) in each age group for each pentathlon events.

Official Splits: Any swimmer wishing a split time recorded in any other individual event, shall pickup a split request form from the Head Table, fill it out and return it to the Head Table. All split times will be recorded in accordance with USMS Rule 105.2.2

Hotel: Zermatt Resort – 784 W Resort Dr, Midway, UT 84049 – 435-657-0180 – Contact Meet Director for promotional codes

Friday Night Masters Social: Tarahamara Mexican Restaurant 380 E Main St, 435-654-3465 –

PLEASE CONTACT MEET DIRECTOR TO RESERVE A SPOT AT THE SOCIAL

Saturday Coaches Lunch – TBA – in between session 2 and 3.

ENTRY FORM: HASC Pentathlon Meet (SCY) MEET (Sanc.)
Friday/Saturday August 22-23, 2014: Pool opens 8 a.m.; meet starts at 9 a.m. (MST).

Mixed Event (Short Course Yards) Seed Time

Session 1 – Friday, August 21 – 4:00 pm warm up – 5:00 pm start

1. 200y Back Min. _____ sec _____.
2. 50y Breaststroke Min. _____ sec _____.
3. 100y Butterfly Min. _____ sec _____.
4. 500y Freestyle Min. _____ sec _____.
5. 200y IM Min. _____ sec _____.
6. 50y Freestyle Min. _____ sec _____.

Session 2 – Saturday, August 22 – 8:00 am warm up – 9:00 am start

7. 100y Freestyle Min. _____ sec _____.
8. 400y IM Min. _____ sec _____.
9. 50y Butterfly Min. _____ sec _____.
10. 100y Backstroke Min. _____ sec _____.
11. 200y Breaststroke Min. _____ sec _____.
12. 1650y Freestyle Min. _____ sec _____.

Session 3 – Saturday, August 22 – 3:00 pm warm up – 4:00 pm start

13. 200y Butterfly Min. _____ sec _____.
14. 100y Breaststroke Min. _____ sec _____.
15. 50y Backstroke Min. _____ sec _____.
16. 200y Freestyle Min. _____ sec _____.
17. 100y IM Min. _____ sec _____.

LName _____ FName _____ 2014-USMS # _____ (attach copy). Gender **M** or **F**

Street _____ City _____ State _____ Zip _____ Birth date ____/____/____

Phone (____) _____ TEAM NAME: _____ Age on August 22, 2014 _____

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. Date _____ Signature _____ Printed Name _____

Please Check -- Did you:

____ **Sign the waiver?** ____ **Include check payable to Wasatch Aquatic Center?** ____ **Include copy of USMS card?**

Copy Entry Form and mail to: **Dennis Tesch, Wasatch Aquatic Center, 800 South 200 East, Heber City, UT 84032 (435) 654-3450**

Official Use Only. Rec.d date _____ Waiver _____ USMS Card _____ Check 1 # _____ Check 2 \$ _____