



2019 Somerset County YMCA Masters Pentathlon Swim Festival (and 25s!)

Saturday and Sunday, December 14 & 15, 2019
Both days: Warm-ups 9:00 am Meet Starts 9:45 am
Additional warm-up for session 3 on Sunday



Sanctioned by NJ-LMSC for USMS, Inc.: Sanction # **079-S00X**
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; 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. Spectator bleachers are provided on the mezzanine level and a few small bleachers on deck. Swimmers are not permitted to bring chairs on deck.

The length of the competition course is in compliance and on file with USMS in accordance with article 105.1.

Eligibility: Open to all 2019 (or 2020) registered U.S. Masters Swimming (USMS) members 18 years or older as of December 14, 2019.

Rules: 2019 USMS rules apply.

Entries: Maximum of six individual events, plus two relays. The 25 meter events will count towards your maximum number of entries, be eligible for awards, and be listed in the USMS event rankings, but cannot be included in USMS records and top ten tabulation. 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

Due to time constraints, the number of entries in the 1500 free on Saturday may be restricted to a first come-first serve basis.

Deadline: On-line entries close 11:59PM December 11th. No paper or deck entries will be accepted.

Contact Information: 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. **The 1500 free will be seeded fastest to slowest.**

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. A team trophy will be awarded to the team with the most total points (combined men and women).

Fees: \$40.00 flat fee. Entry fee is non-refundable.

Warm-Up: The pool will be available for warm-up from 9:00 to 9:45am. At least two warm-up/warm-down lanes will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes, which will be announced during warm-up. A short warm-up will be provided between session 2 and 3 on Sunday..

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. Mens, Womens, and Mixed relays may be entered and will be swum together.

Psych Sheets: Psych sheets (for the 1500 free) and heat sheets for all other events will be emailed to all entrants on December 13.

On-line Entry: https://www.ClubAssistant.com/club/meet_information.cfm?c=2415&smid=10968

2019 Somerset County YMCA Masters – SCM Pentathlon Swim Festival
December 14-15, 2019

<i>Event #</i>	<i>Event (short course meters)</i>
Saturday, December 14	
Warm-up: 9:00am	
Meet Start: 9:45am	
<i>(Session 1 – 1500 only)</i>	
1	<i>1500 Freestyle</i>
Sunday, December 15	
Warm-up: 9:00am	
Meet Starts: 9:45am	
<i>(Session 2)</i>	
2	<i>400 Freestyle</i>
3	<i>400 Individual Medley</i>
<i>Short warm-up will follow Session 2</i>	
<i>(Session 3)</i>	
4	<i>100 Fly</i>
5	<i>50 Back</i>
6	<i>200 Free</i>
7	<i>25 Breast</i>
8	<i>200 Individual Medley</i>
9	<i>50 Fly</i>
10	<i>200 Breast</i>
11	<i>100 Free</i>
12	<i>25 Back</i>
13	<i>100 Individual Medley</i>
14	<i>200 Free Relay (Mixed, Mens, Womens)</i>
15	<i>25 Fly</i>
16	<i>200 Back</i>
17	<i>100 Breast</i>
18	<i>50 Free</i>
19	<i>200 Fly</i>
20	<i>100 Back</i>
21	<i>50 Breast</i>
22	<i>25 Free</i>
23	<i>200 Medley Relay (Mixed, Mens, Womens)</i>



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