



"GARSOE-SCHERMERHORN" MEMORIAL MASTERS SWIM MEET PENTATHLON



Sponsored by Lower Bucks Y Masters and the Pennsbury Varsity Swim Teams.

Recognized by USMS ???-R001

Date and Time: Sunday March 1, 2020

Warm up: 8:45 A.M.

Start: 9:30 A.M.

Location: Medill Bair Sports Complex, Pennsbury High School, 705 Hood Blvd., Fairless Hills, Pa. 19030

Meet Director: Joe Lawton 267-575-2963 (lawtonj64@Gmail.com)

Facility: The pool is a certified 6 lane, 25 yard pool with electronic timing. Individual lockers (locks needed) are available in the Locker rooms. It is a fast pool and each year a national record or a top ten time has been set at this meet.

Eligibility: This meet is open to all swimmers 18 years or older. **If you are U.S.M.S. registered, a copy of your 2020 U.S.M.S. Registration Card must be included with your entry for Top Ten consideration.**

Seeding: Swimmers will be seeded by time submitted, slow to fast. If time unknown, please estimate. Participants will be limited to five individual events and one time trial.

Order of Events	1.	100 yd. Breast	9.	200 yd. Back
	2.	50 yd. Back	10.	100 yd. Free
	3.	400 yd. Ind. Medley	11.	50 yd. Breast
	4.	100 yd. Fly	12.	200 yd Fly
		5 min Warm up Break		5 min Warm up Break
	5.	50 yd. Free	13.	100 yd. Back
	6.	200 yd. Breast	14.	100 yd. Ind. Medley
	7.	200 yd. Ind. Medley	*15.	200 yd. Free
	8.	50 yd. Fly		
		5 min Warm up Break		

* A special memorial swim cap will be given to first place winners in this event.

Meet Length Our meet typically lasts 4 - 5 hours.

Pentathlons Three Pentathlons - Sprint, Middle Distance, and Iron - are available. To compete in a Pentathlon a swimmer must swim all five events in the chosen Pentathlon. For the Sprint Pentathlon the events are the 50 Back, 50 Free, 50 Fly, 50 Breast, and 100 Ind. Medley. For the Middle Distance Pentathlon the events are the 100 Breast, 100 Fly, 200 Ind. Medley, 100 Free, and 100 Back. For the Iron Pentathlon the events are the 400 Ind. Medley, 200 Breast, 200 Back, 200 Fly, and the 200 Free. Pentathlon winners will be determined by the lowest cumulative times.

Swimmers need not enter a Pentathlon to swim in any event of this meet.

Awards: Awards are provided for all 1st, 2nd and 3rd places. Special awards are awarded to Pentathlon and 200 Free winners.

Results: Results are posted on the USMS Website <http://www.dvmasters.org/> under results tab usually within 2 weeks following the meet.

Meet History: This Meet has been held annually on the 1st Sunday of March since 1985. The original Meet Director was Ed Morgan (1985-1995). Neal Conrad was Meet Director from (1996-2003) and has also supported the meet for many years as the Starter. The meet was previously named in memoriam for Lyman Schermerhorn who passed away after completing a 200 Free race. Lyman Schermerhorn will continue to be honored by the 200 Free patch which is given to all swimmers who swim in this event. In 2012 the name of the meet is being changed to recognize the late Norm Garsoe, the former President of the Lower Bucks Y Swimmers, and his wife Pat who helped organize and run this meet since the beginning. The meet is now hosted by the Pennsbury High School Swim Team Parents.

Notable Meet Record Holders:

Top 3 Female Record Holders across all age groups/events since the meet began:

Janet H Moeller - 1776-	19
J. Merryman - C1776	16
N. Steadman Martin - GSM	14

Top 3 Male Record Holders across all age groups/events since the meet began:

Greg Rees - Spring Valley YM	10
Jay R Platt - PAFC	8
Scott Yeomans - GSM-	8

Directions: Medill Bair Sports Complex, Pennsbury High School, 705 Hood Blvd., Fairless Hills, Pa. 19030
**Pennsbury High School is 1.3 miles on the right side. The pool is located in the Sports Complex on the left after entering the school campus.

Lost and driving around? Call 267-575-2963.

Entry: Swimmers may enter online or print out this sheet and mail in per below:

Online Meet Entry open thru 28 FEB 2020

https://www.clubassistant.com/club/meet_information.cfm?c=2247&smid=7121

Mail in Entries: Lower Bucks Y Masters Swim Meet-Pentathlon Entry Form (THIS PAGE MUST BE RETURNED WITH YOUR ENTRY)

Entry Deadline Paper Entry Form must be **in the hands of the Meet Director by February 28, 2020.**

No entries will be accepted after the meet is seeded. No deck entries will be allowed at the Meet.

Entries: Fill out table below, max of 5 events . Entry fee = \$2.00/event

	Event #	Event Description	Seed Time	Entry Fee
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____

4. _____

5. _____

Meet Surcharge \$20.00

Total Entry Fee = _____

Make checks payable to: PAC

Mail entries to: Joe Lawton 1213 Revere Rd. Yardley, PA 19067 **(No e-mail entries accepted.)**

USMS REGISTERED SWIMMERS MUST ATTACH A COPY OF THEIR 2016 CARD FOR TOP TEN CONSIDERATION

Release from liability: Must be signed and dated before swimmer may compete.

EMAIL: _____

PHONE # _____ LMSC TEAM _____

EMERGENCY CONTACT: Name (print) _____ Phone # _____



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	