

10th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #0367-06)

| ORDER OF EVENTS (#1) | |
|----------------------|------------|
| # | Event |
| 1 | 1500 free |
| 2 | 200 fly |
| 3 | 100 fly |
| 4 | 50 fly |
| 5 | 200 back |
| 6 | 100 back |
| 7 | 50 back |
| 8 | 200 breast |
| 9 | 100 breast |
| 10 | 50 breast |
| 11 | 200 free |
| 12 | 100 free |
| 13 | 50 free |
| 14 | 400 IM |
| 15 | 200 IM |
| 16 | 100 IM |

DATE: Sunday, September 23, 2007

TIME: 1500 – Warm-up at 9 am, meet starts at 10 am
check-in by 9:30 am
Pentathlon - Warm-up 11 AM Meet starts at noon.
Check-in by 11:30 pm

LOCATION: John Vanderzicht Memorial Pool
85 SE Jerome St
Oak Harbor, WA 98277
Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
Phone: (360) 679-5038
E-mail: salswmr@verizon.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2007 USMS or MSC registered swimmers 18 and above as of 9/23/2007. Age groups based upon the swimmer's age as of 12/31/07. Entries must be received by the meet director by Saturday, September 15 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 11:30 am for all other events.**

SEEDING: Slow to fast. **ALL EVENTS WILL BE DECK SEEDED - CHECK-IN IS REQUIRED.**

TIMING: Electronic timing will be used.

AWARDS: All participants will receive a participation certificate. 1st-3rd place rosette ribbons will be presented to the swimmers with the fastest cumulative times in each age group for each division of competition. No separate awards will be given for individual events.

THE COMPETITION: In order to receive awards, swimmers must enter and finish all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM
"Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM
"Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM
"Brute" Division 200 fly, 400 IM, 1500 free

Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event (i.e. 200 = 20 second penalty). Swimmers who try to abuse the disqualification system will be eliminated from the competition. There will be a **brief** break after each stroke series.

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

10th Annual Short Course Meters Pentathlon + Brute event

Sunday, September 23, 2007

(Sanction #0367-06)

NAME: _____ M F AGE AS OF 12/31/2007: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
E-MAIL ADDRESS: _____
PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____ - _____
Local Team _____ or UNATTACHED _____ LMSC _____
USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____
EMERGENCY CONTACT: _____ PHONE: _____

| AGE GROUP (Circle one - determined by your age as of December 31, 2007) | | | | | | | |
|---|---------|---------|---------|---------|---------|---------|---------------------------|
| 19 - 24 | 25 - 29 | 30 - 34 | 35 - 39 | 40 - 44 | 45 - 49 | 50 - 54 | 55 - 59 |
| 60 - 64 | 65 - 69 | 70 - 74 | 75 - 79 | 80 - 84 | 85 - 89 | 90 - 94 | 95+ |
| ENTRY LIMIT: 5 EVENTS Circle if your first Masters meet: Yes | | | | | | | |
| EVENT NUMBER | EVENT | | | | | | SEED TIME (for SC METERS) |
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ENTRY FEES: \$15 (\$17 Canadian)
\$10 (\$13 Canadian) for seniors (65 & over)
\$10 (\$13 Canadian) for entering only the 1500 meter free
Race day entries will be accepted for an additional US \$5.00 late fee (see Eligibility)

Please make checks payable to: **NWAC** Direct questions to Sally at:
Mail this entry form and fees to: **Sally Dillon** salswmr@verizon.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be **received** no later than Saturday, September 15, 2007. **Add \$5 late fee for all others.**

Please include a copy of your Masters registration card if you're NOT a PNA member.

WAIVER: 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.

SIGNED: _____ DATE: _____