



**2024 SAN DIEGO PANCAKE PENTATHLON  
& SHORT COURSE YARDS SWIM MEET**  
**SUNDAY, MAY 5, 2024**  
**SANCTION #444-S001**



**Meet Information**

**Sanction:** Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #444-S001.

**Date/Time:** Sunday, May 5, 2024. 9:00 am Warm-Up; 10:00 am Start

**Location & Pool:** UCSD Canyonview West Pool, 3390 Voigt Drive, La Jolla, CA, 92093 - Outdoor, 25-yd, 8 lanes  
 The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Official times may be submitted for USMS records and USMS Top 10 consideration. Meet management provided by San Diego Swim Masters.

**Entry & Deadlines:** \$40 Individual Entry closes at 4:00 pm on Saturday, May 4, 2024. Late or Deck Entries will **NOT** be accepted. **Web entry only** (no paper entry). There will be **NO** refunds.

**Web Entry:** [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1322&smid=17945](https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=17945)

**Program & Results:** Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be posted on [www.SIMasterSwim.org](http://www.SIMasterSwim.org). USMS member times will be uploaded to [www.USMS.org](http://www.USMS.org).

**Host:** San Diego Swim Masters & UCSD Recreation

**Contact:** Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

**Swimmer Information**

<b>Name:</b>	_____	<b>Birthdate:</b>	_____
<b>Gender:</b>	Male [ <input type="checkbox"/> ] Female [ <input type="checkbox"/> ]	<b>Age (on 05/07/2023):</b>	_____
<b>E-Mail:</b>	_____	<b>USMS (or Foreign)</b>	_____
<b>Phone:</b>	(    )    -    _____	<b>Masters Swim Club:</b>	_____
<b>Address:</b>	_____		
		<b>City, State &amp; Zip:</b>	_____

**Schedule of Events**

Sessions:	Events	Entry Time	Pentathlon Events
Session 1: Butterfly	#1 50 Butterfly	: .	< Sprint Class
	#2 100 Butterfly	: .	< Middle Distance Class
	#3 200 Butterfly	: .	< Endurance Class
Session 2: Backstroke	#4 50 Backstroke	: .	< Sprint Class
	#5 100 Backstroke	: .	< Middle Distance Class
	#6 200 Backstroke	: .	< Endurance Class
Session 3: Breaststroke	#7 50 Breaststroke	: .	< Sprint Class
	#8 100 Breaststroke	: .	< Middle Distance Class
	#9 200 Breaststroke	: .	< Endurance Class
Session 4: Freestyle	#10 50 Freestyle	: .	< Sprint Class
	#11 100 Freestyle	: .	< Middle Distance Class
	#12 200 Freestyle	: .	< Endurance Class
Session 5: Individual Medley	#13 100 Individual Medley	: .	< Sprint Class
	#14 200 Individual Medley	: .	< Middle Distance Class
	#15 400 Individual Medley	: .	< Endurance Class

Sprint Class Pentathlon: Events # 1, 4, 7, 10, & 13

Middle Distance Class Pentathlon: Events # 2, 5, 8, 11, & 14

Endurance Class Pentathlon: Events # 3, 6, 9, 12, & 15

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**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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.

5. 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.

6. 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.

**Print Full Name**

**Signature**

**Date**

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<b>Program &amp; Results:</b>	Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be posted on <a href="http://www.SIMasterSwim.org">www.SIMasterSwim.org</a> . USMS member times will be uploaded to <a href="http://www.USMS.org">www.USMS.org</a> .
<b>Eligibility:</b>	All persons holding a 2024 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate provided that a legible Masters card copy & completed entry form are submitted & the liability release is signed. USMS membership links: <a href="https://www.usms.org/join">https://www.usms.org/join</a> (online) and <a href="http://www.SIMasterSwim.org/member.html">www.SIMasterSwim.org/member.html</a> (form).
<b>Rules:</b>	USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.
<b>Warm-Up &amp; Warm-Down:</b>	NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane where forward and backstroke starts can be practiced. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes, and forward and backstroke starts are NEVER permitted in warm-up and warm-down lanes.
<b>Events:</b>	Swimmers may enter up to 6 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time".
<b>Age Groups:</b>	Swimmer competition age is age as of 05/05/2024 (day of meet). Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments.
<b>Relays:</b>	No relays.
<b>Pancakes:</b>	Served complimentary to participants & guests throughout the meet by friends of SDSM & UCSD.
<b>Awards:</b>	Swim all 5 events in a pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Endurance: 200 each stroke & 400 IM) without disqualification to be eligible for an award given to the swimmer with the lowest 5-event total time in each gender, age group, & pentathlon distance class.
<b>Seeding &amp; Check-In:</b>	Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.
<b>Timers:</b>	Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. All clubs and participants are required to assist with backup stopwatch/button timing during the meet.
<b>Directions:</b>	From Interstate 5: Exit at Genesee Ave (Exit 29), go east 1/2-mile, turn right at Campus Point Drive, continue straight 1/4-mi, continue straight (cross over I-5 bridge) on Voigt Drive for 1/2-mi, Parking Lot P510 and the Canyonview aquatic center are on your right (north side). Map: <a href="https://maps.ucsd.edu/map/default.htm">https://maps.ucsd.edu/map/default.htm</a>
<b>Parking:</b>	Weekend pay parking rates, park in any ParkMobile app lot #4752 on UCSD (nearest are P510 & P701)
<b>SI Meeting:</b>	A San Diego-Imperial LMSC meeting will take place during or following the meet.