



**2025 SAN DIEGO PANCAKE PENTATHLON
& SHORT COURSE YARDS SWIM MEET**

**Sunday, April 13, 2025
SANCTION #445-S001**



Meet Information

Sanction: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #445-S001.

Date/Time: Sunday, April 13, 2025. 8:00 am Warm-Up; 9:00 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: \$45 Individual Entry and \$20 Relay Only Entry closes at 4:00 pm on Saturday, April 12, 2025. 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=19420

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

Host: San Diego Swim Masters & UCSD Recreation

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

Swimmer Information

Name: _____	Birthdate: _____
Gender: Male [] Female []	Age (on 04/13/2025): _____
E-Mail: _____	USMS (or Foreign) #: _____
Phone: () - _____	Masters Swim Club: _____
Address: _____	City, State & Zip: _____

Schedule of Events

Sessions:	Events	Entry Time	Sessions:	Events	Entry Time
Session 1: Butterfly	#1 50 Butterfly	: .	Session 6: Relays (Note: swimmers may choose a gender or a mixed relay in each group of three as gender and mixed relays are planned to swim combined)	#16 200 Freestyle (Women)	: .
	#2 100 Butterfly	: .		#17 200 Freestyle (Men)	: .
	#3 200 Butterfly	: .		#18 200 Freestyle (Mixed)	: .
Session 2: Backstroke	#4 50 Backstroke	: .		#19 200 Medley (Women)	: .
	#5 100 Backstroke	: .		#20 200 Medley (Men)	: .
	#6 200 Backstroke	: .		#21 200 Medley (Mixed)	: .
Session 3: Breaststroke	#7 50 Breaststroke	: .		#22 400 Freestyle (Women)	: .
	#8 100 Breaststroke	: .		#23 400 Freestyle (Men)	: .
	#9 200 Breaststroke	: .		#24 400 Freestyle (Mixed)	: .
Session 4: Freestyle	#10 50 Freestyle	: .		#25 400 Medley (Women)	: .
	#11 100 Freestyle	: .		#26 400 Medley (Men)	: .
	#12 200 Freestyle	: .		#27 400 Medley (Mixed)	: .
Session 5: Individual Medley	#13 100 Individual Medley	: .	#28 800 Freestyle (Women)	: .	
	#14 200 Individual Medley	: .	#29 800 Freestyle (Men)	: .	
	#15 400 Individual Medley	: .	#30 800 Freestyle (Mixed)	: .	
Pentathlon Class:	Sprint Class (Events #1,4,7,10,13)		Session 7: Distance (choose one)	#31 500 Freestyle	: .
	Middle Distance Class (Events #2,5,8,11,14)			#32 1000 Freestyle	: .
	Endurance Class (Events #3,6,9,12,15)			#33 1650 Freestyle	: .

Enter up to 6 individual events; pentathlon is optional; provide accurate times; do not provide "no time."

2025 SAN DIEGO PANCAKE PENTATHLON & SHORT COURSE YARDS SWIM MEET

Sunday, April 13, 2025

SANCTION #445-S001

USMS 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); Grown-Up Swimming meets or workouts; and/or 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, viral or bacterial infection including but not limited to COVID 19 , 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, including the Code of Conduct and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.

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, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; 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.

_____	_____	_____
Print Full Name	Signature	Date

2025 SAN DIEGO PANCAKE PENTATHLON & SHORT COURSE YARDS SWIM MEET

Sunday, April 13, 2025

SANCTION #445-S001

Sanction:	Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Sanction #445-S001.
Date/Time:	Sunday, April 13, 2025. 8:00 am Warm-Up; 9:00 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:	\$45 Individual Entry and \$20 Relay Only Entry closes at 4:00 pm on Saturday, April 12, 2025. 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=19420
Program & Results:	Psych Sheets & Estimated Timeline will be e-mailed the evening before racing. Results will be posted on www.SIMasterSwim.org . USMS member times will be uploaded to www.USMS.org .
Eligibility:	All persons holding a 2025 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: https://www.usms.org/join (online) and www.SIMasterSwim.org/member.html (form).
Rules:	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.
Warm-Up & Warm-Down:	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.
Events:	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". Swimmers may select one distance event (500, 1000, or 1650 Freestyle).
Age Groups:	Swimmer competition age is age as of 04/13/2025 (day of meet). Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments.
Relays:	Relays are free and due by the end of Event #12. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women & 2 men (mixed). Unattached members (UC) are ineligible to swim relays. Mens & Womens & Mixed Relays may swim together.
Pancakes:	Served complimentary to swimmers & guests at the meet by the UCSD Masters Swimming Coaching Staff.
Awards:	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.
Seeding & Check-In:	All events are seeded by entry times, slow to fast, regardless of age or gender. Check-in for Pentathlon Events is not required. Check-in for Distance Events (500, 1000, and 1650 Freestyle) is required on deck and is due by Event #16.
Timers:	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.
Directions:	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: https://maps.ucsd.edu/map/default.htm
Parking:	Pay Parking in any ParkMobile app lot #4752 on UCSD (nearest are lots P510 & P701)
SI Meeting:	A San Diego-Imperial LMSC meeting will take place during or following the meet.