

Maui Summer Pentathlon

Saturday September 11th, 2010 9:00am

Kihei Aquatic Center

PENTATHLON EVENTS

Warm-up 7:30am

Meet Start 9:00am

Event	Entry Time (or NT)
50 yd Butterfly	
50 yd Backstroke	
50 yd Breaststroke	
50 yd Freestyle	
100 yd IM	

Name	
Address	
City, State Zip	
Telephone	
USMS Number	
Club	
Birthdate	
Sex	Male Female
Age on 9/11/2010	
First USMS Meet?	Yes No

LOCATION:	Kihei Aquatic Center Kihei, Maui, Hawaii	FACILITY:	50m x 25y pool with an extra 25y warm-up pool
WARM-UP	7:30-8:45am warm-up; 9:00am meet start after Age Group 50 Butterfly. No diving except in designated "start" lanes. There will be separate warm-up lanes for USA-S and USMS swimmers.	MEET FLOW	This event is going to run concurrently with and alternating with a USA-Swimming Pentathlon (Age group 8u, 10u, 11-12, 13-18). USA Swimming meets require ages 12 and under to complete all swims in UNDER 4 hours. As such, depending on the timeline, the swimming order of events may be altered accordingly. If there are a small number of entries, the meet will be delayed to assure a 15-minute minimum between swims.
AWARDS:	Men & Women: 19-24, 25-29, 30-34 to the top age group. You must swim all 5 events to be eligible for overall awards, but you MAY enter any subset of events.	ELIGIBILITY:	All participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over that are not registered can sign-up for one-day registration with USMS on race day. One year USMS membership (valid thru 12/31/09) is \$40. One day membership is \$15.
CONTACTS:	Meet Director: Malcolm Cooper (808)280-4257 malcolmwhy@yahoo.com	ENTRIES: FEES & DUE DATES	\$10 per swimmer; Payable to Maui Dolphins Swim Club. Race-Day Entries \$25. Manual Entries (using this form): Tue. Sept 7, 2010. Mail to MDSC Maui Summer Pentathlon; PO Box 880694, Pukalani, HI 96788. TM Entries: Have coach or coach's rep email to malcolmwhy@yahoo.com by Wed. Sept 8, 2010.
SANCTION by:	Hawaii Masters Swim Assoc. for USMS, Inc #S390-P004	SEEDING:	All events will be seeded slowest to fastest, by entered time, ages combined, sexes separate.
TIMING:	Electronic with Colorado Timing System courtesy co-host Maui County Aquatics; run by MAGSA officials.	RULES & JUDGING:	2007 USMS and HMSA rules will govern. All events are timed finals. A swimmer who misses their heat will not be re-seeded into a later heat and will be disqualified for that event.

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. (rule book article 203.1)

Athlete Signature _____ **Date** _____