

“Swimmo de Mayo” (Cinco de Mayo) - Pentathlon - Meet Information
Sunday, May 5th (Cinco de Mayo), 2024, 2:00 - 6:30pm
Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction #TBD
Short Course Yards (SCY)

Location: Gladstone Community Center, 6901 N. Holmes, Gladstone, Mo. 64118

Register online: TBD

Event Format: This is a FUN Meet! Please choose one of the following Pentathlon Events. Your cumulative time for all 5 events will determine your placing.

“**Siesta**” - If you cannot do or choose not to do one event, you may take ONE “Siesta”, but you will get the slowest time in the event, PLUS “Diez por ciento” (10%). Please enter all 5 events, and we will have special “Siesta” tokens to submit at the meet.

Pequeno (Small) – 50 Fly, 50 Back, 100 IM, 50 Breast, 50 Free

Mediano (Medium) – 100 Fly, 100 Back, 200 IM, 100 Breast, 100 Free

Grande (Large) – 200 Fly, 200 Back, 400 IM, 200 Breast, 200 Free

Viva la Libre (Long live Freestyle) - 50, 100, 500, 150, 200... All Free!

Individual Events (limit 5), not participating in the Pentathlon (e.g. 50 Breast, 100 IM, 200 Free) will be allowed, but won't be as much fun!

Facility: GCC is an indoor 25 yard, 8 lane pool with full electronic timing. There is a separate diving well (20yds) for warm up and cool down throughout the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Locker rooms are available. Users should supply their own lock. Plenty of seating for participants and spectators. Plenty of free parking by the Main/Back entrance.

Time: NO DECK ENTRIES. Check-in begins at 1:00 pm. Warm-up is 1:00 – 1:50 pm. Meet starts at 2:00 pm. Additional warm-up and cool down will be available in the diving well (20 yards) throughout the meet. The meet should conclude by approximately 6:30 pm.

Eligibility: This is a USMS sanctioned meet, therefore you must be a member of USMS or CCS to swim in the meet. If you are not currently registered, you may register online when you register for the meet. USMS One Event Membership (OEVT \$20) is eligible to participate, but times will not be eligible for records. If you live between Columbia, Mo. and the western boarder of Ks., please use **MOVY** for your “Club”.

Rules: The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Men and women of all ages will swim mixed. You might swim next to someone older or younger, man or woman, of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 etc.).

NOTE: Your age for this meet is your age on 5/5/2024.

Entry Fees: USMS Members \$40. CCS (College Club Swimming) and Full-time Student - \$20 - Requires proof of Full Time Student and USMS registration. **For the Full-Time Student rate,**

you MUST contact the meet director in advance at dhayden141@gmail.com for a discount code. Credit cards are charged to "MISSOURI MASTERS" for this meet.

Deadline: [Register online](#) by midnight Thursday, May 2nd, 2024. NO DECK ENTRIES

Meet Director: Questions, please contact Doug Hayden, 816-560-4887, dhayden141@gmail.com

Order of Events – “Swimmo de Mayo” Pentathlon
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 Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction # TBD
 Short Course Yards (SCY)

Register online: TBD

Online meet registrations are paid by credit card. Credit cards are charged to "MISSOURI MASTERS" for this meet.

Order of events: (please enter a goal time for proper seeding)

Event	Goal Time
1	200 Fly
2	100 Fly
3	50 Fly
4	50 Free
10-minute break	
5	200 Back
6	100 Back
7	50 Back
8	100 Free
10-minute break	
9	400 IM
10	200 IM
11	100 IM
12	500 Free
10-minute break	

Event	Goal Time
13	200 Breast
14	100 Breast
15	50 Breast
16	150 Free
10-minute break	
17	200 Free
18	100 Free
19	50 Free
20	200 Free
Taco Truck & Cerveza Social	
Grande (Large)	
Mediano (Medium)	
Pequeno (Small)	
Viva la Libre (Long Live Freestyle)	

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1

There are no scratch deadlines.

Release from Liability: 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.

Signature: _____ Date: _____ DOB: _____

Doug Hayden
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