



# 2024 Somerset County YMCA Masters Pentathlon Swim Festival (and 25s!)



Saturday and Sunday, December 7 & 8, 2024

December 7: Warm-up 9:00 am Meet Starts 9:45 am

December 8: Warm-up 8:00am Meet Starts 8:30am

Additional warm-up between the 2 sessions on Sunday

Sanctioned by NJ-LMSC for USMS, Inc.: Sanction # **074-S003**

Hosted by Somerset County YMCA Masters Swim Club

Meet Director – Ed Tsuzuki

Meet Officials – John Baliko, Gary Dunchus, Tom Ryan

**Facilities:** Somerset Valley YMCA 601 Garretson Road, Bridgewater, NJ 08807

Indoor ten lane – 25 meter (6 lanes will be used for competition; 2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration. Deck space for 100+ swimmers, and 100+ spectators. Spectator bleachers are provided in the mezzanine.

**The length of the competition course is in compliance and on file with USMS in accordance with article 105.1 and 106.2.1.**

**Eligibility:** Open to all 2024 (or 2025) registered U.S. Masters Swimming (USMS) members 18 years or older as of December 7, 2024.

**Rules:** 2024 USMS rules apply.

**Entries:** Maximum of six individual events, plus two relays. The 25 meter events will count towards your maximum number of entries, be eligible for awards, and be listed in the USMS event rankings, but cannot be included in USMS records and top ten tabulation. You may enter any events you choose. However, to be eligible for one of the 4 pentathlons, you must enter 5 events as follows:

	Pentathlon	Events
1	Sprint	50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM
2	Middle Distance	100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM
3	Iron Man	200 Fly, 200 Back, 200 Breast, 200 Free, 400 IM
4	Freestyle	50, 100, 200, 400, 1500 Free

Due to time constraints, the number of entries in the 1500 free on Saturday may be restricted to a first come-first serve basis.

**Deadline:** On-line entries close 11:59PM December 5, 2024. No paper or deck entries will be accepted.

**Contact Information:** Ed Tsuzuki – Phone: (908) 300-2542 E-Mail: [edtsuzuki@gmail.com](mailto:edtsuzuki@gmail.com)

**Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together. **The 1500 free will be seeded fastest to slowest.**

**Awards:** Ribbons for 1<sup>st</sup> through 3<sup>rd</sup> places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon event (Sprint, Middle Distance, Iron Man and Freestyle) receive trophies.

**Fees:** \$40.00 flat fee. Entry fee is non-refundable.

**Warm-Up:** The pool will be available for warm-up from 9:00 to 9:45am on Saturday and 9:00 to 9:30am on Sunday. At least two warm-up/warm-down lanes will be available during the entire meet. Diving permitted ONLY in designated One-way sprint lanes, which will be announced during warm-up. An additional 45 minute warm-up will be provided between session 2 and 3 on Sunday.

**Relays:** Relay entries will be free, however, all relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted at least 4 events before the relay event. Mens, Womens, and Mixed relays may be entered and will be swum together. Event #14 is the 200 Free Relay (M, W, X). All relays will be swum in the same event so it could be considered "Event #14a is the Mens 200 Free Relay, Event #14b is the Womens 200 Free Relay, and Event #14c is the Mixed 200 Free Relay" as they will all be swum together. The same will apply to Event #23 - the 200 Medley Relay (M, W, X).

**Heat Sheets:** Heat sheets will be emailed to all entrants on December 6, 2024

**On-line Entry:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=2415&smid=18882](https://www.clubassistant.com/club/meet_information.cfm?c=2415&smid=18882)

**2024 Somerset County YMCA Masters – SCM Pentathlon Swim Festival***December 7-8, 2024*

<b>Event #</b>	<b>Event (short course meters)</b>
<b>Saturday, December 7 (Session 1 – 1500 Free Only)</b> Warm-up: 9:00am Meet Start: 9:45am	
<b>1</b>	<b>1500 Freestyle</b>
<b>Sunday, December 8</b> Warm-up: 8:00am Meet Starts: 8:30am (Session 2 – 400 Free and 400 IM)	
<b>2</b>	<b>400 Freestyle</b>
<b>3</b>	<b>400 Individual Medley</b>
Warm-up (approx. 45 minutes) will follow Session 2 (Session 3 – all other events)	
<b>4</b>	<b>100 Fly</b>
<b>5</b>	<b>50 Back</b>
<b>6</b>	<b>200 Free</b>
<b>7</b>	<b>25 Breast</b>
<b>8</b>	<b>200 Individual Medley</b>
<b>9</b>	<b>50 Fly</b>
<b>10</b>	<b>200 Breast</b>
<b>11</b>	<b>100 Free</b>
<b>12</b>	<b>25 Back</b>
<b>13</b>	<b>100 Individual Medley</b>
<b>14</b>	<b>200 Free Relay (Mixed, Mens, Womens)</b>
<b>15</b>	<b>25 Fly</b>
<b>16</b>	<b>200 Back</b>
<b>17</b>	<b>100 Breast</b>
<b>18</b>	<b>50 Free</b>
<b>19</b>	<b>200 Fly</b>
<b>20</b>	<b>100 Back</b>
<b>21</b>	<b>50 Breast</b>
<b>22</b>	<b>25 Free</b>
<b>23</b>	<b>200 Medley Relay (Mixed, Mens, Womens)</b>



# 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.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	