

PNA LOCAL MASTERS SWIMMING COMMITTEE
5th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #02-3606)

ORDER OF EVENTS (#1)	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

DATE: Saturday, September 28, 2002

TIME: Warm-up **12:00 noon** Meet starts **1:00 PM**
Check in by 12:45

PLACE: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
 Phone: (360) 679-5038
 E-mail: salswmr@earthlink.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2002 USMS or MSC registered swimmers 19 and above as of 9/28/2002. Age groups based upon the swimmer's age as of 12/31/02. Entries must be received by the meet director by Saturday, September 21 with the following exception: **Race day entries will be accepted until 12:30 PM for an additional \$5.00 late fee.**

SEEDING: Slow to fast. ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.

TIMING: Electronic timing will be used.

THE PENTATHLON: Swimmers must enter the five events that "complete" a pentathlon division to receive awards. The Pentathlon divisions are:

- "Sprinters Choice" Division 50 each of fly, back, breast, and free plus a 100 IM
- "Middle Masters" Division 100 each of fly, back, breast, and free plus a 200 IM
- "Animal" Division 200 each of fly, back, breast, and free plus a 400 IM

There will be a short break after each stroke. Pentathlon results will be calculated by adding the total time swam in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet.

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of the pentathlon. No separate awards will be given for individual events.

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

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NAME: _____ M F AGE as of 12/31/2002: ____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: ____ - _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

AGE GROUP (Circle one - determined by your age as of December 31, 2002:

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 5 EVENTS. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$10.00 (\$15 Canadian)
 Swimmers 65 and over may pay a reduced fee of \$6 (\$9 Canadian)
 Race day entries will be accepted until 12:30 AM for an additional \$5.00 late fee

Please make checks payable to: **NWAC**
 Mail this entry form and fees to: **Sally Dillon**
 salswmr@earthlink.net **PO Box 845**
 (360)-679-5038 (h) **Oak Harbor, WA 98277**

Pre-entries must be received no later than Saturday, September 21, 2002. Add \$5 for all others.

Include a copy of your Masters registration card if you are not a PNA member.

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.

SIGNED: _____ DATE: _____