

Short Course Meters Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-09
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics (COMA)
 Juniper Swim & Fitness Center
 800 NE 6th St., Bend, OR

DATE: Saturday, November 14, 2009

WARM-UPS: NOON
MEET STARTS: 1PM

25 meters
 6-8 lanes competition-Colorado electronic timing system
 At least 4 lanes of continuous warm-up/down

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com
 Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.
ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, OCTOBER 30, 2009

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY *✂*

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-09) _____ SEX _____
 2009 USMS # _____
 USMS CLUB (OREG, PNA, ETC) _____
 IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Special ribbons for places 1-3 for Pentathlon and Brute Divisions, based on cumulative time. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below) Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants. First priority goes to Brute Squad entrants. Second priority is based on date of entry mailing.*

Saturday, November 14, 2009

- 200 FLY***# (1) _____ : _____ . _____
- 100 FLY** (2) _____ : _____ . _____
- 50 FLY* (3) _____ : _____ . _____
- 200 BACK*** (4) _____ : _____ . _____
- 100 BACK** (5) _____ : _____ . _____
- 50 BACK* (6) _____ : _____ . _____
- 200 BREAST*** (7) _____ : _____ . _____
- 100 BREAST** (8) _____ : _____ . _____
- 50 BREAST* (9) _____ : _____ . _____
- 200 FREE*** (10) _____ : _____ . _____
- 100 FREE** (11) _____ : _____ . _____
- 50 FREE* (12) _____ : _____ . _____

- 400 IM***# (13) _____ : _____ . _____
- 200 IM** (14) _____ : _____ . _____
- 100 IM* (15) _____ : _____ . _____
- 1500 FREE# (16) _____ : _____ . _____
- (Two swimmers per lane, hand timed)
- 200 MEDLEY RELAY (17, 18, 19)
- 400 MEDLEY RELAY (20, 21, 22)
- 200 FREE RELAY (23, 24, 25)
- 400 FREE RELAY (26, 27, 28)
- 800 FREE RELAY (29, 30, 31)

"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 & 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 _____
 MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072