



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

Eligibility: Currently registered USMS swimmers, 18 years and older.

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #370-03

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.

Date: Saturday, March 20, 2010

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Warm-ups: 8AM
Meet Starts: 9AM

Meet director: Jenn Pidkowicz • Jenn.pidkowicz@gmail.com • 661-714-4178 (only if necessary please)

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south.

Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

All entrants must submit a photocopy of their current 2010 registration card or 2010 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 5, 2010

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, SWMS, PNA, ETC) _____

Enter as many as five events. If you choose to not enter all 5 events in any distance category, you will not be scored as a pentathlon.

Sprint

Mar 20, 2010

Mid Distance

50 FLY (1) _____ : _____ . _____

100 FLY (2) _____ : _____ . _____

50 BACK (4) _____ : _____ . _____

100 BACK (5) _____ : _____ . _____

50 BREAST (7) _____ : _____ . _____

100 BREAST (8) _____ : _____ . _____

50 FREE (10) _____ : _____ . _____

100 FREE (11) _____ : _____ . _____

100 I.M. (13) _____ : _____ . _____

200 I.M. (14) _____ : _____ . _____

Distance

200 FLY (3) _____ : _____ . _____

200 BACK (6) _____ : _____ . _____

Break

200 BREAST (9) _____ : _____ . _____

200 FREE (12) _____ : _____ . _____

Break

400 I.M. (15) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A DISQUALIFICATION IN ONE OF THE FIVE PENTATHLON EVENTS WILL DISQUALIFY YOU FROM THE ENTIRE PENTATHLON EVENT AND YOUR COMBINED TIME WILL NOT BE RECORDED. HOWEVER, YOU WILL STILL BE ABLE TO SWIM THE OTHER INDIVIDUAL EVENTS AND YOUR TIMES FOR THOSE EVENTS WILL BE RECORDED.

"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 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, HOSTS 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: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072