



# 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 #372-03

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

**Date: Saturday, March 10, 2012**

Beaverton, Oregon

6 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Warm-ups: 8AM  
Meet Starts: 9AM

Meet director: Julie Andrade • 503-547-2413 • andradejuliea@yahoo.com

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 2012 registration card or 2012 registration form and fee with this entry.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN Wednesday February 29, 2012**

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2012 USMS # \_\_\_\_\_

USMS CLUB (OREG, SWMS, DUCK, 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 10, 2012

### 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: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072