



2015 Georgia Masters SouthSide Pentathlon Swim Meet

Saturday, September 26, 2015

Warm-ups 11:30 am Meet Starts 12:15 pm

Sanctioned by GA-LMSC for USMS, Inc.: Sanction # **455-S004**

Hosted by SouthSide Seals Swim Team and Smart Swimming

Meet Director – Rob Copeland

Meet Referee – Ed Saltzman



- Facilities:** Steve Lundquist Aquatic Center 9045 Tara Boulevard , Jonesboro, GA 30236
Indoor ten lane – 25 yard (1-2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Deck space for 200+ swimmers, and spectators.
- Directions:** From Atlanta – Take I-75 South to Exit 235 (US 19/41 Tara Blvd). Follow Tara Blvd south past turnoff to US 54 (Fayetteville Rd and Quick Trip). Turn right at Justice Center Rd, just past Talmadge Pools (about 5.4 miles from I-75). The Harold Banke Justice Center is on the SW corner of Justice Center Rd and Tara Blvd. Follow the Aquatic Center signs then turn right into Aquatic Center parking area.
- Eligibility:** Open to all 2015 registered United States Masters Swimming (USMS) members 18 years or older as of September 26, 2015.
- Rules:** 2015 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** On-line entries close 11:59PM September 23rd. Paper entries must be received by September 22nd. Mail your entry form, copy of your 2015 USMS card, and check for \$35.00 payable to Rob Copeland to:
Deck Entries will be accepted up until the start of the meet, at a fee of \$40.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: rob_copeland@comcast.net
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Awards for 1st through 3rd 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 distance (Sprint, Middle Distance & Iron Man) receive trophies!
- Fees:** \$35.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to Rob Copeland. Deck entrant fees are \$40.00.
- Warm-Up:** The pool will be available for warm-up from 11:30 to 12:10 pm. Warm-up/warm-down lane(s) will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes.
- Relays:** 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 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details and maps will be available at the meet.

Rob Copeland
100 Grouse Point
Fayetteville, GA 30215

On-line Entry: <https://www.clubassistant.com/club/...>

2015 Georgia Masters – SouthSide Pentathlon Swim Meet
September 26, 2015

First Name _____ Last _____

Gender _____

Date of Birth _____

USMS # _____

Club/Chapter _____

Address _____

City/State/Zip _____

Telephone _____

E-Mail _____

Georgia Masters' membership will be verified against our registration files. All other Masters please attached a copy of your 2015 USMS Registration Card HERE.

REMEMBER:

- Complete information above and attach USMS card (at right) or enter on-line at <https://www.clubassistant.com/club/...>
- Sign and Date the Liability release (next page)
- Include a check for \$35.00, payable to Rob Copeland
- Plus \$5.00 for each additional social attendee
- Mail to Rob Copeland; 100 Grouse Point; Fayetteville, GA 30215

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	400	Free	RELAY	Deck Entered
2	400	IM	Iron Man	_____:____.____
3	500	Free	Non-Pentathlon	_____:____.____
4	100	Fly	Middle Distance	_____:____.____
5	50	Back	Sprint	_____:____.____
6	200	Free	Iron Man	_____:____.____
7	200	IM	Middle Distance	_____:____.____
8	50	Fly	Sprint	_____:____.____
9	200	Breast	Iron Man	_____:____.____
10	100	Free	Middle Distance	_____:____.____
11	100	IM	Sprint	_____:____.____
12	200	Free	RELAY	Deck Entered
13	200	Medley	RELAY	Deck Entered
14	200	Back	Iron Man	_____:____.____
15	100	Breast	Middle Distance	_____:____.____
16	50	Free	Sprint	_____:____.____
17	200	Fly	Iron Man	_____:____.____
18	100	Back	Middle Distance	_____:____.____
19	50	Breast	Sprint	_____:____.____
20	400	Medley	RELAY	Deck Entered (time permitting)

- Circle the Event # and enter your yards seed time or NT for no time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 11:30 AM
- Meet starts at 12:15 PM
- Social and Georgia LMSC Annual Meeting immediately following the meet

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 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.
5. 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