

# Maui Summer Pentathlon

Saturday September 10<sup>th</sup>, 2016 9:00am

Kihei Aquatic Center

PENTATHLON EVENTS	
Warm-up 7:30am	
Meet Start 9:00am	
Event	Entry Time (or NT)
50 yd Butterfly	
50 yd Backstroke	
50 yd Breaststroke	
50 yd Freestyle	
100 yd IM	
100 Medley Relay & Free Relay	

Name <sup>Last</sup>		First	M.I.
Address <sup>Street</sup>			
City		State	Zip
Telephone			
USMS Number			
Birthdate		Age on 9/10/2016	
Sex	M <input type="checkbox"/>	F <input type="checkbox"/>	Club
1 <sup>st</sup> USMS Meet?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

<b>LOCATION</b>	Kihei Aquatic Center 303 E. Lipoa St. Kihei, Maui, Hawaii	<b>FACILITY</b>	50m x 25y pool with an extra 25y warm-up pool
		<b>SANCTION</b>	By Hawaii Masters Swim Assoc. for USMS #S396-005
<b>WARM-UP</b>	7:30-8:45am warm-up; 9:00am meet start; first masters event after Age Group 50 Butterfly. No diving except in designated "start" lanes. <b>There will be separate warm-up lanes for USA-S and USMS swimmers.</b>	<b>MEET FLOW</b>	This event is going to run concurrently with and alternating with a USA-Swimming Pentathlon (Age group 8u, 10u, 11-12, 13-18). USA Swimming meets require ages 12 and under to complete all swims in UNDER 4 hours. <b>As such, depending on the timeline, the swimming order of events may be altered accordingly. If there are a small number of entries, the meet will be delayed to assure a 15-minute minimum between swims.</b>
<b>AWARDS</b>	Men & Women: 19-24, 25-29, 30-34 to the top age group. You must swim all 5 events to be eligible for overall awards, but you MAY enter any subset of events.	<b>ELIGIBILITY</b>	All participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over that are <b>not</b> registered can sign-up for one-day registration with USMS on race day. One year USMS membership (valid thru 12/31/14) is \$30. One event membership is \$15.
<b>CONTACTS</b>	Meet Director: Malcolm Cooper (808)280-4257 <a href="mailto:malcolmwhy@yahoo.com">malcolmwhy@yahoo.com</a>	<b>ENTRIES: FEES &amp; DUE DATES</b>	<b>\$10 per swimmer; Payable to Maui Dolphins Swim Club. Race-Day Entries \$20. Manual Entries (using this form): Thur. Sept 8, 2016.</b> Mail to: <b>MDSC Maui Summer Pentathlon; 321 Pukalani St., Makawao, HI 96768.</b> Give to: Malcolm.
<b>TIMING</b>	Electronic with Colorado Timing System courtesy co-host Maui County Aquatics; run by MAGSA officials.		
<b>RULES &amp; JUDGING</b>	2016 USMS and HMSA rules will govern. All events are timed finals. A swimmer who misses their heat will not be re-seeded into a later heat and will be disqualified for that event.	<b>SEEDING</b>	All events will be seeded slowest to fastest, by entered time, ages combined, sexes separate. If a small number of entries, sexes may be combined if acceptable to all participants.

**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. (rule book article 203.1)

**Athlete Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



**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 M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	