

Aquatic Capital of
America SCM Pentathlon
Saturday, October 22, 2016 – 2:00 p.m. – 7:00 p.m.

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-S021
Saturday, October 22, 2016
SCM PENTATHLON
Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m. and must be completed by 7:00 p.m.

Event#	Event Name	Entry Time
1	50-meter Butterfly	
2	50-meter Backstroke	
3	50-meter Breaststroke	
4	50-meter Freestyle	
5	100-meter Individual Medley	

Facility: Belmont Temporary Pool

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions: 4320 Olympic Plaza, Long Beach, CA 90803 - From the north and west, take the 710 Fwy to the Broadway exit, drive east to Redondo Ave, turn right. Go south to Ocean Blvd, turn left. Stay to the right on Ocean to Bennett, turn right into the parking lot. From the south and east take Pacific Coast Hwy or the 405 Fwy to 2nd St, turn left onto 2nd St to Bayshore Ave, turn left to Ocean Blvd, turn right to Bennett Ave, turn left into parking lot.

<https://www.google.com/maps/place/4320+E+Olympic+Plaza,+Long+Beach,+CA+90803/@33.7586781,-118.1469834,17z/data=!3m1!4b1!4m5!3m4!1s0x80dd304dd894a65f:0xc69a6d70a7f9fa1e!8m2!3d33.7586737!4d-118.1447893>

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events. Age on December 31, 2016 determines age group for the meet. You must be at least 18 as of the date of the meet to compete.

Entries: The pre-entry postmark deadline is Monday, October 17, 2016. Online entries will close Thursday, October 20, 2016, at 11:59 p.m. Deck registration is permitted. Deck entries will close at 2:30 p.m., or sooner if the timeline indicates the meet will extend past 7:00 p.m.

Entry Fees: Pre-registered \$40.00 per swimmer flat fee. Deck entries allowed for a total of \$50.00.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Positive check-in for the meet is required prior to 2:30 p.m.

Relays: There will be no relays at this meet.

Awards: Awards for places 1 to 3 in each age group, based on cumulative time for all 5 events.

Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=2273&smid=8193

If entering by mail, make your check payable to: Aquatic Capital of America. Mail your signed consolidated entry card, a copy of your 2016 USMS card, and check to: Lucy Johnson, 2402 Petaluma Ave, Long Beach, CA 90803.

Questions: Lucy Johnson, 2402 Petaluma Ave, Long Beach, CA 90803, lucyjohanson1@gmail.com, 562-431-0052 for text messages only.

Snack Bar: No snack bar will be available. Numerous restaurants are located about 3 blocks north of the pool, in Belmont Shore.

Locker rooms: Locker rooms with toilets, sinks, and hot showers are available in trailers adjacent to the pool. In addition, there are 2 small trailers inside the pool gate, one is an ADA-compliant restroom and the other is an ADA-compliant shower; plus one trailer ADA-compliant restroom/shower combination outside the pool fencing, between the 2 locker room trailers.



**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");

- 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.
- 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.
- 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.
- 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 Aquatic Capital of America, the City of Long Beach, 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.
- 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	