

**Pick Your Potion Pentathlon Swim Meet**  
**Hosted by the Joliet Blue Tides Masters**  
**Sanctioned by the Illinois LMSC for USMS, Inc.**

**DATE & TIME:** Saturday, October 29, 2022

Pool Deck Open - 9:15am

Warm Up - 9:30-10:20am

Meet Begins - 10:30am

**FACILITY:** Inwood Athletic Club, 3000 W Jefferson St., Joliet, IL 60435

8 lane, 25 yard indoor pool with Colorado timing system at starting end. All 8 lanes will be available for warm up. For all individual events EXCEPT the 500, lanes 2-7 will be used for competition with lanes 1 and 8 as continuous cool down/warm up. The 500 free and relays may use all 8 lanes for competition.

**POOL LENGTH CERTIFICATION:** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**TIMING SYSTEM:** The primary timing system will be automatic timing. Individual event times may be submitted for USMS records and USMS Top 10 consideration.

**ELIGIBILITY:** Current USMS rules will govern the meet. All participants must be age 18 or older as of the day of the meet, and be currently registered members of U.S. Masters Swimming.

**ENTRIES/ENTRY FEES:** Entries will be accepted by mail-in only by the deadline posted. Deck entries will not be accepted.

There is a flat fee of \$25 for this meet.

Mail-in entries should be postmarked no later than Saturday, October 22nd

Mail form, waiver and \$25 check (made out to **Joliet Blue Tides**) to:

Molly Hoover

3818 Cherry Tree Lane

Joliet, IL 60435

**ENTRY CONFIRMATION:** You will receive an email confirmation from [mhoover@jolietpark.org](mailto:mhoover@jolietpark.org) once we have received your entries. Please reach out if you have sent them in but not received this confirmation by Wednesday, October 26th.

**ENTRY LIMITS:** Swimmers are encouraged to enter 1 Pentathlon event - either the Minor Pentathlon (50s of stroke with 100 IM) or the Major Pentathlon (100s of stroke with the 200 IM), or the Freestyle Pentathlon (all 5 freestyle events). You can also swim any combination of individual events if you do not wish to swim a Pentathlon, up to a maximum of 5 events. Please enter seed times if you can, or "No Time" for each of your events.

**NONCONFORMING EVENT:** The 25 free is a part of the Freestyle Pentathlon, but will not be eligible for USMS records and Top 10 times. This event will start in the shallow end of the pool and use an IN-WATER start.

**SEEDING:** Events will be seeded according to time, slowest to fastest. Men and women will be combined for all events.

**SCRATCHES:** There is no penalty for scratches. Scratches are non-refundable.

**AWARDS:** A participation gift will be given to each swimmer entered in the meet.

Pentathlon results (total times added together) for each gender and age group will be included with the final results.

**RELAYS:** No competitive relays will be offered at this meet. However, after the conclusion of the last event, some fun, Halloween-themed relays will be swum for those who are interested. We will have a sign up on deck and all are encouraged to stay and have some fun with us! You do not need to have other teammates to participate on a relay, we will create “teams” from those who sign up.

**SPECTATORS:** Spectators will be allowed in the bleachers on deck or outside of the lobby windows.

Swimmers may also use the bleachers or there is plenty of deck space for individual chairs as well.

**HOSPITALITY:** There will be a hospitality room at this meet.

**MEET DIRECTOR:** Molly Hoover, [mhoover@jolietpark.org](mailto:mhoover@jolietpark.org), 815-557-6853

**WARM UPS:** Entry into the pool must be feet first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be always obeyed.

**ORDER OF EVENTS:**

1. 500 free
2. 200 IM
3. 100 IM
4. 25 free  
(10 min break)
5. 100 Butterfly
6. 50 Butterfly
7. 200 Free
8. 50 Backstroke
9. 100 Backstroke  
(10 min break)
10. 50 Free
11. 100 Breaststroke
12. 50 Breaststroke
13. 100 Free

## Mail-In Entry Form

Pick Your Potion Pentathlon, Hosted by the Joliet Blue Tides

Saturday, October 29, 2022, Sanctioned by ILMSA, for USMS, Inc.

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age on 10/29/22: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

USMS#: \_\_\_\_\_ Team: \_\_\_\_\_

Enter one Pentathlon Event. Please enter times in the unshaded boxes under that Event, or NT for No Time.

You can also swim any individual events if you do not wish to swim the Pentathlon up to a maximum of 5.

#	EVENT	MINOR PENTATHLON	MAJOR PENTATHLON	FREESTYLE PENTATHLON
1	500 FREESTYLE			
2	200 INDIVIDUAL MEDLEY			
3	100 INDIVIDUAL MEDLEY			
4	25 FREESTYLE			
10 MINUTE BREAK				
5	100 BUTTERFLY			
6	50 BUTTERFLY			
7	200 FREESTYLE			
8	50 BACKSTROKE			
9	100 BACKSTROKE			
10 MINUTE BREAK				
10	50 FREESTYLE			
11	100 BREASTSTROKE			
12	50 BREASTSTROKE			
13	100 FREESTYLE			
10 MINUTE BREAK				
	FUN RELAYS	SIGN UP ON DECK		

Print form and waiver, and mail with a \$25 check payable to: **Joliet Blue Tides**

### Mail to:

Molly Hoover  
3818 Cherry Tree Lane  
Joliet, IL 60435

\*\*Must be postmarked by Saturday, October 22, 2022

Please watch for an email confirmation (check your spam) and let me know if you do not have it by Wednesday, October 26. [Mhoover@jolietpark.org](mailto:Mhoover@jolietpark.org)

## 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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.

5. 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.

6. 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: \_\_\_\_\_ Date: \_\_\_\_\_