



"GARSOE-SCHERMERHORN" MEMORIAL MASTERS SWIM MEET PENTATHLON

Sponsored by Lower Bucks Y Masters and the Pennsbury Varsity Swim Teams.

Recognized by USMS 089-R001

Date and Time: Sunday March 3, 2019

Warm up: 8:45 A.M.

Start: 9:30 A.M.



Location: Medill Bair Sports Complex, Pennsbury High School, 705 Hood Blvd., Fairless Hills, Pa. 19030

Meet Director: Joe Lawton 215-493-8486 (lawtonj64@Gmail.com)

Awards Director: TBD

QA Auditor: TBD

Facility: The pool is a certified 6 lane, 25 yard pool with electronic timing. Individual lockers (locks needed) are available in the Locker rooms. It is a fast pool and each year a national record or a top ten time has been set at this meet.

Eligibility: This meet is open to all swimmers 18 years or older. **If you are U.S.M.S. registered, a copy of your 2019 U.S.M.S. Registration Card must be included with your entry for Top Ten consideration.**

Seeding: Swimmers will be seeded by time submitted, slow to fast. If time unknown, please estimate. Participants will be limited to five individual events and one time trial.

Order of Events	1.	100 yd. Breast	9.	200 yd. Back
	2.	50 yd. Back	10.	100 yd. Free
	3.	400 yd. Ind. Medley	11.	50 yd. Breast
	4.	100 yd. Fly	12.	200 yd Fly
		5 min Warm up Break		5 min Warm up Break
	5.	50 yd. Free	13.	100 yd. Back
	6.	200 yd. Breast	14.	100 yd. Ind. Medley
	7.	200 yd. Ind. Medley	*15.	200 yd. Free
	8.	50 yd. Fly		
		5 min Warm up Break		

* A special memorial swim cap will be given to first place winners in this event.

Meet Length Our meet typically lasts 4 - 5 hours.

Pentathlons Three Pentathlons - Sprint, Middle Distance, and Iron - are available. To compete in a Pentathlon a swimmer must swim all five events in the chosen Pentathlon. For the Sprint Pentathlon the events are the 50 Back, 50 Free, 50 Fly, 50 Breast, and 100 Ind. Medley. For the Middle Distance Pentathlon the events are the 100 Breast, 100 Fly, 200 Ind. Medley, 100 Free, and 100 Back. For the Iron Pentathlon the events are the 400 Ind. Medley, 200 Breast, 200 Back, 200 Fly, and the 200 Free. Pentathlon winners will be determined by the lowest cumulative times.

Swimmers need not enter a Pentathlon to swim in any event of this meet.

Awards: Medals are awarded for all first place finishes. Ribbons are awarded for 2nd and 3rd places. Special awards are awarded to Pentathlon and 200 Free winners.

Results: Results are posted on the USMS Website <http://www.dvmmasters.org/> under results tab usually within 2 weeks following the meet.

Meet History: This Meet has been held annually on the 1st Sunday of March since 1985. The original Meet Director was Ed Morgan (1985-1995). Neal Conrad was Meet Director from (1996-2003) and has also supported the meet for many years as the Starter. The meet was previously named in memoriam for Lyman Schermerhorn who passed away after completing a 200 Free race. Lyman Schermerhorn will continue to be honored by the 200 Free patch which is given to all swimmers who swim in this event. In 2012 the name of the meet is being changed to recognize the late Norm Garsoe, the former President of the Lower Bucks Y Swimmers, and his wife Pat who helped organize and run this meet since the beginning. Other Lower Bucks Y Swimmers who have supported this meet for many years are Jim &

Marilyn Kremzier, Sam & Maryly Hossain, Al McClain & his late wife, Mary Ann McClain, John Slipka, and Carl & Karen Wanjek. Also, this meet would not be possible without the outstanding support of the members of the Pennsbury High School Swim Team who work as timers and the Parents Aquatic Club which runs the meet program. We are looking forward to many more years to come. Hope to see you on the starting blocks this year.

Notable Meet Record Holders:

Top 3 Female Record Holders across all age groups/events since the meet began:

Janet H Moeller - 1776-	17
J. Merryman - C1776	16
N. Steadman Martin - GSM	14

Top 3 Male Record Holders across all age groups/events since the meet began:

Greg Rees - Spring Valley YM	10
Jay R Platt - PAFC	9
Scott Yeomans - GSM-	8
Hal Begel - SVY-	8

Directions:

From the South-Maryland, Delaware, Philadelphia via I-95

Depart I-95 at the Bristol exit (which is 17.5 miles north of the big blue Benjamin Franklin Bridge in Philadelphia). At the traffic light, turn left and proceed North on route 413 for 1.4 miles and turn right on New Falls Road (Mobile station on the corner).

* Straight ahead on New Falls for 3.7 miles, and make a left turn on Hood Blvd. (just past Burger King). Pennsbury High School is on the right. The pool is located in the Sports Complex on the left after entering the campus.

From the North via I-95. Depart I-95 at exit 44 (US 1 Business), and turn left (toward Levittown - get into right lane). At the second traffic light, turn right on to New Rodgers Road (route 413). After 2.3 miles on New Rodgers Road, turn left on to New Falls Road (Mobile on far corner) and follow * directions above.

From Trenton via US 1 After crossing the Delaware River, proceed west on US 1, and follow the signs to US 13 toward Bristol. After 1.8 miles on US 13, exit right (Penn Valley). At the traffic light, turn right (Penn Valley Road - which becomes Hood Blvd).

**Pennsbury High School is 1.3 miles on the right side. The pool is located in the Sports Complex on the left after entering the school campus.

From the Pennsylvania Turnpike. Depart the Turnpike at exit 358 (old exit 29) and proceed North - left on US 13. 4.9 miles from the turnpike toll booth, make a right turn at the Penn Valley exit. At the stop sign, make a left turn on Penn Valley Rd. (which becomes Hood Blvd). Follow ** directions above.

Lost and driving around? Call the Pool Office at 215-949-6762.

Entry: Swimmers may enter online or print out this sheet and mail in per below:

Online Meet Entry open thru 01 MAR 2019, 4pm

https://www.clubassistant.com/club/meet_information.cfm?c=2247&smid=11232

Mail in Entries: Lower Bucks Y Masters Swim Meet-Pentathlon Entry Form (THIS PAGE MUST BE RETURNED WITH YOUR ENTRY)

Entry Deadline Paper Entry Form must be **in the hands of the Meet Director by February 28, 2019.**

No entries will be accepted after the meet is seeded. No deck entries will be allowed at the Meet.

Entries: Fill out table below, max of 5 events . Entry fee = \$2.00/event

	Event #	Event Description	Seed Time	Entry Fee
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
			Meet Surcharge	<u>\$20.00</u>
			Total Entry Fee =	_____

Make checks payable to: PAC

Mail entries to: Joe Lawton 1213 Revere Rd. Yardley, PA 19067 (No e-mail entries accepted.)

USMS REGISTERED SWIMMERS MUST ATTACH A COPY OF THEIR 2019 CARD FOR TOP TEN CONSIDERATION

Release from liability: Must be signed and dated before swimmer may compete.

EMAIL: _____

PHONE # _____ LMSC TEAM _____

EMERGENCY CONTACT: Name (print) _____ Phone # _____



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	