



CRAWFISH AQUATICS
PENTATHLON
& ONE MILE SWIM

- Date:** Friday, January 14, 2011 and Saturday, January 15, 2011
- Times:**
- | | |
|--------------------------|--|
| Warm-up and Registration | 5:00 p.m. Friday evening – One Mile Swim |
| Warm-up and Registration | 9:00 a.m. Saturday - Pentathlon |
| Registration closes | 9:30 a.m. |
| Meet Starts | 10:00 a.m. |
- Sanction #** Sanctioned by the Southern LMSC for USMS Inc. #2411-001
- Facilities:** Indoor, 8-lane 25 meter course, constant depth 13 feet at starting end, 4 feet at turning end, 25 meter pool available for warm-up during the meet. Crawfish Aquatics Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Take I-10, exit Bluebonnet Boulevard and go south towards Mall of Louisiana. Pass the mall and look for Anselmo Lane (Capital One Bank on the corner). At Anselmo, turn right. Follow two curves in the road and after the second, look for a paved driveway. Turn left and go about 300 yards. Look for the outdoor pool and Crawfish Aquatics written across the building.
- Rules/Eligibility:** 2011 USMS Rules shall govern. All participants must be registered with United States Masters Swimming. A copy of your USMS card is required with the completed entry.
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc (increasing in five-year increments).
- Results:** Will be available on the Internet at www.crawfishaquatics.com
- Director:** Nan Fontenot nanfontenot@bellsouth.net 225-769-4323
- Awards:** Order of finish will be determined by adding a swimmer's time from the five events in a single course. Awards will be presented to the first-place finisher in each age group, male and female, in each course. Participants may enter the meet and swim less than five events in a specified course. However, they will be ineligible for awards.

Registration: The current 2011 USMS registration card is valid through December 31, 2011. All entries must be postmarked by January 7, 2011. Entries received after this date will be accessed a \$5 late fee.

Seeding/Prediction: Swimmers will be seeded slowest to fastest by predicted cumulative time as noted on the entry form. Add your projected times from the five events in your selected course to obtain a predicted cumulative time. Prizes will be awarded to the male and female in each course whose actual cumulative time is closest to predicted cumulative time. If no predicted time, put NT.

Entry Fee: \$25.00 payable to **Crawfish Aquatics**
Prior to January 7, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:

Jeff Maynor, Crawfish Aquatics Pentathlon
8276 Menlo Drive
Baton Rouge, LA 70808

Late entries after January 7 can be sent by Email to:
jmaynor@alumni.lsu.edu; a copy of the USMS card and entry fees (including late fee) will be collected upon arrival at the meet. Late fees - \$5 after January 7, 2011.

****ENTRY FORM****
CRAWFISH AQUATICS
PENTATHLON

Sanctioned by the Southern LMSC for USMS Inc.,

Name: _____ Age (as of 12/31/2011): _____ Sex: _____
Address: _____ City/State: _____
Zip Code: _____ Phone: _____ USMS #: _____
Team Name: _____ Team Abbreviation: _____
Email Address: _____

Friday evening: 5:00 warm-up, Mile swim begins at 5:45 PM Entry Time _____
Saturday - Check desired course. Choose only one course. All distances in meters.

_____ Ironman (200 fly, 200 back, 200 breast, 200 free, 400 IM)

_____ Middle Distance (100 fly, 100 back, 100 breast, 100 free, 200 IM)

_____ Sprint Distance (50 fly, 50 back, 50 breast, 50 free, 100 IM)

Predicted cumulative time/seeding time (see entry information): _____

Note: the overall Order of events shall begin with the 200 fly, then 100 fly, 50 fly, the 200 back, 100 back, 50 back, then 200 breast and so forth.

LIABILITY RELEASE:

"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 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 FOR DAMAGES CAUSED BY 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."

Signature: _____ Date: _____

Mail completed entry with USMS card copy and \$25.00 entry fee payable to Crawfish Aquatics to:

Jeff Maynor, Crawfish Aquatics Pentathlon
8276 Menlo Drive
Baton Rouge, LA 70808.

Late entries after January 7th can be sent by E-mail to jmaynor@alumni.lsu.edu ; a copy of the USMS card and entry fees (including late fee) will be collected upon arrival at the meet.