



**2020 7th ANNUAL ARNOLD CLASSIC SWIM MEET & PENTATHLON
SHORT COURSE YARDS
NEW ALBANY HIGH SCHOOL NATATORIUM
7600 FODOR ROAD**

**NEW ALBANY, OHIO 43054
(RIGHT OUTSIDE OF COLUMBUS, OH)**

Sanctioned by the Ohio LMSC for USMS, Inc. (Sanction #: 170-R001)

****NEW FORMAT – 3 SWIM PENTATHLONS PLUS OTHER EVENTS****

- DATE** Saturday, March 7th, 2020. Warm-ups start at 10:00 a.m. Event #1 (1,000 yard freestyle) will start at 11:00 a.m. Event #2 (50-yard freestyle) will start at 11:25 a.m. Events #3 and later will start at 11:45 or later. Deck entries should be in no later than 10:00 a.m. (except for the 1,000 and 500 yard freestyles; no deck entries accepted).
- LOCATION** The Natatorium is attached to New Albany High School on Fodor Road. **From Cincinnati on I-71 North:** exit 101A toward I-670W, take exit 109A toward I-670 toward airport, take US-62E toward Gahanna/Cleveland, turn left onto US-62/Mill St. Travel about 5 miles to second roundabout and take third exit onto Market St. Market St. becomes Fodor Rd after the next traffic light. HS is on the right immediately after the traffic light intersection. **From Cleveland on I-71-South:** Take Exit 119A or I-270E towards Wheeling, take OHI-161, Exit 30 toward new Albany/Worthington, Take the OH-161 Exit 30B, merge onto OH-161 New Albany Exchange, Take the Hamilton Rd. exit keeping right onto Hamilton Rd. Go one block and turn left onto E. Dublin Granville Rd and turn left at the second traffic signal. HS is on the right immediately after the turn. Parking available in the school lot.
- POOL** The pool is a 6-lane, 25-yard pool with anti-turbulent lane lines and automatic timing. Lane 6 will be available for warm-up during the meet. The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 106.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records.
- HOTELS** A Courtyard by Marriott hotel is located within 3 miles of the pool. Its address is 5211 Forest Drive, New Albany, OH 43054 and its phone is 614-855-1505. There is also a Hampton Inn & Suites located next door at 5220 Forest Drive and its phone is 614-855-8335.
- ELIGIBILITY** 2020 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers. If not registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events. The USMS Release of Liability must be signed electronically during online meet entry or must be signed on paper for mailed entries. Please send a copy of your USMS card with your mailed entry. Only swimmers entered in the meet can participate in relays.
- AGE GROUPS** Age of competitors on Mar. 7, 2020 will determine age group. Age groups for individual events will be: 19-24, 25-29, 30-34, 35-39, etc. Age groups for the pentathlons will be in 10-year age increments: 19-24, 25-34, 35-44, 45-54, etc.
- DEADLINE** Online registration is offered on ClubAssistant.com. Online entries will close at noon, Thursday, March 5, 2020. Paper entries must be received by the Meet Director by Wednesday, March 4, 2020. Deck entries will be accepted until 9:50 a.m. on Saturday, except for events 1 and 10 (1,00- and 500-yard freestyles; no deck entries accepted)).
- WHERE TO ENTER** For online entry, please go to: [XXXXXXXXXXXXXXXX](#)
For mail-in entry, see entry form at the end of this document (scroll all the way down).



ENTRY FEES	Online Pre-Entered Entries:	\$40
	Entries Via Mail:	\$45
	All Deck Entries:	\$50

Online entries are paid by credit card to ClubAssistant.com and your credit card will be charged by "ClubAssistant.com Event Billing" for this swim meet. For mailed entries, make checks payable to **New Albany Masters Aquatic Club** and mail to **Pete Tarnapoll, Meet Director, 1 Richmond Square, New Albany, OH 43054** and must be received by March 4, 2020. Online entries are cost effective and strongly recommended.

MEET DIRECTORS Pete Tarnapoll and Chris Birnbrich

CONTACT Pete Tarnapoll
614-563-1905
pete.tarnapoll@gmail.com

SEEDING & LANE ASSIGNMENTS Each event will be seeded by the pre-entered seedtime of each swimmer, with the slower heats first (except the 500, which will be swum fastest to slowest). The meet will be seeded according to times submitted, regardless of age and gender. No Time (NT) will be seeded in the slower heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted by 10:45 on the day of the competition.

STARTING PROCEDURE
A – When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter’s control.
B – on the starter’s command “Take your mark,” the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal
C – for backstroke event starts, the starter may give the command “Place Your Feet” after the referee’s whistle.

ENTRIES Swimmers can enter any event individually, but if competing in a pentathlon, those must be entered separately.

PENTATHLONS There will be THREE swim pentathlons at this year’s Arnold Classic:

- Mini (50 of each stroke, plus a 100IM)
- Sprint (100 of each stroke, plus a 200IM)
- Distance (200 of each stroke, plus a 400IM)

Overall winner from each pentathlon will be determined by the swimmer who comes closest, without going over, to guessing their aggregate time for all five events. Your time will be recorded when you check in. Winner in each pentathlon will receive a voucher good for two tickets to have lunch with Arnold Schwarzenegger on the Sunday following the meet. two tickets will be determined by Female and male winners in each age group for each of the two pentathlons will be determined by cumulative time of all five events.

ORDER OF EVENTS

1. 1,000 Freestyle (limited to the first 6 entries)
2. 50 Yard Freestyle

10 MINUTE BREAK

3. 100 Back
4. 200 Breast

5. 50 Fly
- 10 MINUTE BREAK**
6. 100 Fly
7. 200 Back
8. 50 Breaststroke
- 10 MINUTE BREAK**
9. 200 Free
10. 500 Freestyle (limited to the first 15 entries)
11. 100 Freestyle
- 10 MINUTE BREAK**
12. 200 Fly
13. 50 Back
14. 100 Breast
- 10 MINUTE BREAK**
15. 100 Individual Medley
16. 400 Individual Medley
17. 200 Individual Medley

**WARM-UP &
COOL-DOWN**

- A – the pool is available for warming up beginning at 10am and will be cleared at 10:50.
B – lane 6 will be open for warm-up and cool-down throughout the meet and there will be multiple break periods in between events when the whole pool will be available for warm-up/cool-down.
C – we ask that swimmers in the warm-up/cool-down lane (#6) be considerate and stop/tread water during the start of each subsequent event.

SEE NEXT PAGE FOR OFFICIAL MAIL-IN ENTRY FORM



MAIL IN ENTRY FORM
2020 7th ANNUAL ARNOLD CLASSIC SWIM MEET & PENTATHLON (SCY)
NEW ALBANY HIGH SCHOOL NATATORIUM, NEW ALBANY, OHIO
March 7, 2020

Sanctioned by the Ohio LMSC for USMS, Inc. (Sanction #: 170-R001)

****NEW FORMAT – SWIM PENTATHLONS PLUS OTHER EVENTS****

NAME _____ SEX ____ AGE on March 7, 2020 ____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

EMAIL _____ PHONE _____ TEAM _____ or

Unattached ____ USMS # _____
 (send copy of card)

Event 1 starts 11:00 a.m. Event 2 starts 11:25 or Event 3 starts 12 noon or later.

Mini Pentathlon	<u>Yes/No</u>
Sprint Pentathlon	<u>Yes/No</u>
Distance Pentathlon	<u>Yes/No</u>

- | | |
|--|--|
| 1. 1,000 YD. FREESTYLE _____
<small>(1st 6 entries only, no deck entries for this event)</small> | 10. 500 YD. FREESTYLE _____
<small>(1st 15 entries only, no deck entries for this event)</small> |
| 2. 50 YD. FREESTYLE _____ | 11. 100 YD. FREESTYLE _____ |
| 3. 100 YD. BACK _____ | 12. 200 YD. FLY _____ |
| 4. 200 YD. BREAST _____ | 13. 50 YD. BACK _____ |
| 5. 50 YD. FLY _____ | 14. 100 YD. BREAST _____ |
| 6. 100 YD. FLY _____ | 15. 100 YD. IND. MED _____ |
| 7. 200 YD. BACK _____ | 16. 400 YD. IND. MED. _____ |
| 8. 50 YD. BREAST _____ | 17. 200 YD. IND. MED. _____ |
| 9. 200 YD. FREE _____ | |

Entry Fees:

Online Pre-Entered Entries:	\$45	_____
Entries Via Mail:	\$45	_____
All Deck Entries:	\$50	_____

Deadline: Deadline for Online Entries is midnight, Thursday, March 5, 2020 at 9PM. Paper entries must be received by Wednesday, March 4, 2020. For paper entries make checks payable to: **NEW ALBANY AQUATICS CLUB**. Mail to: Pete Tarnapoll, Meet Director, 1 Richmond Square, New Albany, OH 43054.



**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	

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