



**“GARSOE-SCHERMERHORN” INVITATIONAL
MASTERS SWIM-MEET PENTATHLON**



Sponsored by Lower Bucks Y Masters and the Pennsbury
Varsity Swim Teams.
Recognized by USMS 0810-R001
Date and Time: Sunday March 7, 2010
Warm-up: 8:45 A.M.
Start: 9:30 A.M.

Location: Fieldhouse, Pennsbury High-school, Fairless Hills, Pa.

Meet Director: Joe Lawton 215-493-8486 (lawtonjc@verizon.net)
Awards Director: Rebecca Kelly
QA Auditor: Kara Watson

Facility: Certified 6 lane, 25 yard pool. Seating for over 200 spectators. Locker rooms, bring your own lock. Electronic timing. Fast pool. 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 2010 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 Warmup Break		5 min Warmup 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 Warmup Break		

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

Meet Length Our meet typically lasts 4 - 5 hours.

Pentathlons Three Pentathlons are available. To compete in a Pentathlon a swimmer must swim all five events in either Pentathlon. The pentathlon events are; for the Sprint Pentathlon, the 50 Back, 50 Free, 50 Fly, 50 Breast, and 100 Ind. Medley; For the middle distance Pentathlon, the 100 Breast, 100 Fly, 200 Ind. Medley, 100 Free, and 100 Back; for the Iron Pentathlon , 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 for all first places. Ribbons for 2nd and 3rd. Special patches will be awarded to Pentathlon and 200 Free winners.

Results: Results are posted on the USMS Website <http://www.dvmasters.org> under results tab usually within 2 weeks following the meet. Electronic results will also be e-mailed at no cost. Printed final results will be mailed upon request for a \$2.00 fee.

Meet History: Meet has been held annually on the 1st Sunday of March since 1985. Original meet director was Ed Morgan (1985-1995). Neal Conrad was Meet Director from (1996-2003) and continues to support the meet each year as the Starter. The meet was previously named in memoriam for Lyman Schermerhorn whom 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 whom swim in this event. In 2010, the name of the meet is being changed to recognize Norm Garsoe and his wife Pat whom have helped organize and run this meet since the beginning. Other Lower Bucks YMCA Swimmers whom have supported this meet for many years are Jim & Marilyn Kremzier, Sam &

Maryly Hossain, Al McClain & his late wife Marrienne McClain, John Slipka, and Carl & Karen Wanjek whom host the best after-swim-meet-party around. Also, this meet would not be possible without the outstanding support of the Pennsbury High School Swim Team whom work the meet as timers each year and the Parents Aquatic Club who run the meet program. We're looking forward to many more years to come. Hope to see you on the starting blocks this year.

Notable Meet Record Holders:

Top Female Record Holder across all age groups/events since the meet began:
Joan Merryman with 20 records

Top Male Record Holder across all age groups/events since the meet began:
Hal Begel with 11 records

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; Fieldhouse - Pool is left of the entrance.

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 - Fieldhouse - Pool is left of the entrance.

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.

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

Entry Deadline Entry form must be **in the hands of the Meet Director by February 28, 2010.** No entries accepted after the meet is seeded. No deck entries.

Entries: Fill out table below, max of 5 events . Entry fee = \$4.00/event

	Event #	Event Description	Seed Time	Entry Fee
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____

Check One Option:

- Yes, I'll pay the extra \$2.00 to have hard copy results mailed (\$2.00)** _____
 No, I'll save the \$2.00 and see results via E-mail or online
at <http://www.dvmasters.org/>

Electronic Timing \$3.00

Total Entry Fee = _____

Make checks payable to: Lower Bucks Y Masters

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 2010 CARD FOR TOP TEN CONSIDERATION

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

Release by Participant from Liability: 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 risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of 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 OR DAMAGES CAUSED BY THE 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.

SIGNED: _____ DATE _____

PRINT NAME _____ AGE _____ GENDER _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

E-Mail Address (print neatly) _____ **Check for e-mail Results**

PHONE # _____ TEAM _____

EMERGENCY CONTACT; Name (print) _____

Phone # _____