



Pentathlon and 1000 Meet September 28, 2019

HOST	Lanier Aquatics - (LA)
AGE DIVISIONS:	8&U, 10&U, 11-12, 13-14, Senior (places divided out by age groups – see “awards”)
ENTRIES:	Swimmers may swim a maximum of six (6) individual events per day.
LIMITS:	The Pentathlon will be limited to 250 swimmers, the 1000 session to 60 swimmers.
AWARDS:	Ribbons will be awarded for 1 st through 8 th place for individual events in the Pentathlon session for the 8&U, 10&U, 11-12, 13-14 and Senior age groups. Special Pentathlon awards 1 st through 3 rd per age group for overall winners. 1000 awards 1 st through 8 th will be given for 12&U, 13-14 and Senior age groups.
COACHES:	Coaches will be required to sign in and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current. Coaches Meeting: 7:45 am on Saturday morning.
LOCATION / FACILITY:	Frances Meadows Aquatic and Community Center 1545 Community Way, Gainesville, Ga. 30501. 770-533-5850 10 lane 25 yard pool with separate 4 lane 25 yard warm up pool, stadium spectator seating, Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The pool has been certified as per USA Swimming standards and is on file with USA Swimming. The water depth of the pool is 12 feet at start end and 4 feet at turn end. (measured from a distance of 3' 3 1/2" (1.0 mtr) to 16' 5" (5 mtrs) from both end walls.
SCHEDULE:	<ul style="list-style-type: none"> • Sat. Pentathlon – warm-ups at 8:00 AM with meet starting at 9:00 AM. • Saturday 1000 Session: Warm up at conclusion of Pentathlon session but not before 11:30 AM. <p>Meet management reserves the right to change warm up/start times, or split into a 10&U session and an 11& older session if the timeline indicates that this would results in a better use of pool time and space for swimmers, coaches, officials and spectators.</p>
MEET FORMAT:	<ul style="list-style-type: none"> • All events will be Timed Final events. The Pentathlon will be based on swimmers completing the five events in their respective age group and adding the five times attained in each to produce a total time which will be used to determine overall place. DQ swims will be used in the Pentathlon scoring but a 30 second penalty will be added for each DQ. Swimmers may swim in fewer than five events but will not be eligible for Pentathlon scoring. • The 1000 will be contested and seeded as a mixed Open event (female/male) and limited to 50 entrants (six heats). Heats will be swum fastest to slowest and a heat will be started every 20 minutes until the event is completed. Swimmers taking more than 20 minutes to finish will be stopped at that point. A seeded program with heat start times will be published no later than Friday morning prior to the meet so swimmers will know when to be at the venue to prepare for their swim. Swimmers please arrange for a timer and counter.
ENTRY FEES:	MEET FEE: \$10 INDIVIDUAL EVENT FEE: \$9.00 PER EVENT

SWIMMER NAME: _____

Order of Events

Lanier Aquatics Pentathlon and 1650 Meet Sept 28th, 2019

Pentathlon Session

Warm-ups 8:00, Start 9:00

PLEASE MAKE SURE TO CLEARLY CIRCLE YOUR CHOSEN EVENTS

Girls Event Numbers	Event	Boys Event Number
1	Senior 50 fly	2
3	13-14 50 fly	4
5	11-12 50 fly	6
7	10&U 50 Fly	8
9	8&U 25 Fly	10
11	Senior 50 Back	12
13	13-14 50 Back	14
15	11-12 50 Back	16
17	10&U 50 Back	18
19	8&U 25 Back	20
21	Senior 50 Breast	22
23	13-14 50 Breast	24
25	11-12 50 Breast	26
27	10&U 50 Breast	28
29	8&U 25 Breast	30
31	Senior 50 Free	32
33	13-14 50 Free	34
35	11-12 50 Free	36
37	10&U 50 Free	38
39	8&U 25 Free	40
41	Senior 100 IM	42
43	13-14 100 IM	44
45	11-12 100 IM	46
47	10&U 100 IM	48
49	8&U 100 IM	50

1650 Session – Warm-ups Start Not Before 11:30

51	Mixed Open 1000	51
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Meet Fee \$10
Number of Events Entered _____ X \$9
Total Due \$

**Turn in entry form and cash or check payment to coaches by 9/17/19. Late entries will not be accepted.
Make checks payable to: Summit Swimming**