

14th Annual Pentathlon
Presented by
Southeastern Aquatics
Racine Family YMCA Swim Team
November 5, 2023
WI LSC Approval # 2023-A

*Entries open for Wisconsin teams on October 3, 2023 and
entries open for teams outside of the WI LSC on October 5, 2023.*

- Meet Director:** Amy Bergman
262.705.6169
bergman_family@att.net
- Entries:** Neil Wright
262.994.3157
south.eastern.aquatics@gmail.com
- Location:** Racine Aquatic Center
7567 Washington Avenue
Racine, WI 53406
- Eligibility:** Both USA Swimming and YMCA athletes may participate in the meet. USA Swimming deck registrations will not be accepted. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Format of Meet:** This will be a Pentathlon Meet with all events conducted as a pre-seeded timed final.
- Facility:** The ten-land pool is 25-yards with non-turbulent lane markers and backstrokes flags. Pool depth at starting end is 7-feet and the turn is 7-feet with a block height of 29.5-inches (the competition course has not been certified in accordance with 104.2.2(4).
- Warm-ups:** AM Session: 8:00 AM warm-ups with a meet start at 9:05 AM.
Doors open at 7:30 AM.
Estimated meet timeline will be available on the SEA website www.sea-y.org/pentathlon
- Wisconsin Swimming warm-up procedures will be in effect. Warm-up assignments/schedule will be posted on the meet landing page shortly after all entries are finalized.
- Timing System:** A fully automatic Colorado timing system with two manual back-up buttons and two back-up timers for each lane will be used. If the automatic system fails, a gun or horn start will be used.
- General Rules:** Official 2023 USA Swimming and WI LSC rules shall prevail at this meet. Age as of November 5, 2023. In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc., shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Entry Deadline:** Entry deadline is October 29, 2023 (will include entry file and PDF of entries). Please forward waivers and payment on the day of the meet (or mail prior if you prefer) to:
Neil Wright
3210 96th Street
Sturtevant, WI 53177
- Entry Fees:** \$45.00 per athlete (covers all fees). Checks payable to "SEA."

Entry Limit:	Participation is limited to a maximum of five (5) individual events.
Disabled Swimmers:	Coaches are encouraged to inform Officials and the Meet Director of any disabled swimmer's needs prior to warm-ups.
MAAPP:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. A registered athlete member at a sanctioned/approved meet who is 18 years of age or older, who had not completed the Athlete Protection Training (APT) by the date of the swim, will not be able to upload into SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1
Deck Entries:	Will be taken for open lanes only until 8:30 AM on the day of the meet. \$10 per event.
Format:	Individual events will be swum as combined as Senior, 12&U, and 8&U events. <u>Please note:</u> Heats/events may be combined due to time constraints. Breaks may be added at the discretion of the entry chair.
Coaches:	Coaches may pick-up heat sheets and pay any remaining balance for entry fees/submit waivers at the Scoring/Records Table. Please be prepared to show your USA coach's card or USA Swimming App credentials at this time.
Awards:	Bag Tag heat winners.
Heat Sheets:	Available for free on the meet landing page, www.sea-y.org/pentahlon .
Admissions:	Included with entry fee.
Concessions:	Will not be offered at this event.
Conduct:	<p>All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.</p> <ul style="list-style-type: none">• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.• Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.• Flash photography and photography from behind the starting blocks are prohibited at the start of each race.• Operation of a drone, or any other flying apparatus, is prohibited over the competition venue. This includes pools, athlete/coach areas, spectator areas and open ceiling locker rooms anytime athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior approval by the Program Operations Vice Chair. 103.13M/Drones.
First Aid:	Report injuries to the Lifeguard and Meet Director. First aid kit is located at the Lifeguard stand.
Lost & Found:	An area for lost and found will be designated at the meet. After the meet, lost and found items will be donated to charity.
Meet Results:	Results will be posted on the meet landing page, www.sea-y.org/pentahlon
Officials:	Meet Official Jose Arteaga, joseharteaga@gmail.com Admin Official Pat Lewno plewno@gmail.com

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Event Order

Girls	Event Description	Boys
1	8&U 25 Fly	2
3	12&U 50 Fly	4
5	Senior 100 Fly	6
7	8&U 25 Back	8
9	12&U 50 Back	10
11	Senior 100 Back	12
13	8&U 25 Breast	14
15	12&U 50 Breast	16
17	Senior 100 Breast	18
19	8&U 25 Free	20
21	12&U 50 Free	22
23	Senior 100 Free	24
25	8&U 100 IM	26
27	12&U 100 IM	28
29	Senior 200 IM	30

Waiver & Summary Entry Form
(Entries will not be accepted without waiver form)

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Southeastern Aquatics Racine Family YMCA Swim Team, Racine Family YMCA, Racine Aquatic Center, RUSD, WI Swimming, USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

1. Email completed waiver and entry file to the entry chair or hand deliver on the day of the meet.

Team name:_____ Code:_____

Signature of Club Official, Parent, or Guardian

Name:_____ Title:_____

Entry Fee Recap:

Number of Swimmers Entered in Meet _____ x \$45.00 = \$_____

Make Checks Payable to: "SEA" Your Check Number Is _____