

15th Annual Pentathlon
Presented by
Southeastern Aquatics
Racine Family YMCA Swim Team
November 3, 2024
WI LSC Approval # WI2024-767A

Entries open October 1, 2024.

- Location:** Racine Aquatic Center
7567 Washington Avenue
Racine, WI 53406
- Meet Director & Entries:** Neil Wright
262.994.3157
south.eastern.aquatics@gmail.com
- Officials:** Meet Official
Jose Arteaga
262.664.9741
josearteaga@gmail.com
- Admin Official
Pat Lewno
262.637.2913
plewno@gmail.com
- 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 without the use of the Backstroke ledge. 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:** Time final with all events pre-seeded slow to fast. Heats/Events may be combined. Breaks may be added after entries are received.
- Volunteer Timers:** Teams attending may be required to supply meet volunteers during this event. Requirements (if any) will be posted on the meet landing page and emailed.
- 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 and the meet host will ensure the required course dimensions.
- Warm-ups:** 8:00 AM warm-ups with a meet start at 9:05 AM.
Doors open at 7:30 AM.
Counterclockwise circle swimming using a feet first three-point entry from the starting end of the pool. Teams should plan to do starts, sprint and pace work within their assigned warm-up time. No equipment or other training devices are allowed during warm-ups. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-ups for a lane assignment.
Estimated meet timeline and meet warm-up assignments will be available on the meet landing page www.sea-y.org/pentathlon.
- 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 2024 USA Swimming and WI LSC rules shall prevail at this meet. Age as of November 3, 2024. In granting this approval, 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 20, 2024 (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:** \$6.00 per event, \$4.00 WI LSC Splash fee, \$10.00 admission fee, \$10.00 facility fee. Checks payable to "SEA."
- Entry Limit:** Participation is limited to a maximum of five (5) individual events.
- Deck Entries:** Will be taken for open lanes only until 8:30 AM on the day of the meet. \$10 per event. If the athlete is not entered in the meet, the fee is \$45 regardless of how many events entered in.
- Disabled Swimmers:** Coaches are encouraged to inform Officials and the Meet Director of any disabled swimmer's needs prior to warm-ups.
- MAAPP:** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1.
- Coaches:** Coaches may pick-up heat sheets and pay any remaining balance for entry fees/submit waivers in the timing office. Please be prepared to show your USA coach's card or USA Swimming App credentials at this time.
- Awards:** Heat Winner medals.
- Scoring:** This event will not be scored.
- Heat Sheets:** Available for free on the meet landing page, www.sea-y.org/pentathlon. Will not be available at the venue.
- Admissions:** Included with entry fee.
- Food:** Hospitality will be available for coaches and officials. Concessions will be offered if the time-line deems it necessary.
- Conduct:** 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
 - 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.

- Deck changes are prohibited.
- Please note the locker rooms are public in nature and are not policed. Athletes should not leave their belongings unattended and/or unsecured.

First Aid: Report injuries to the Lifeguard and Meet Director.

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/pentathlon

**Pentathlon
Event Order**

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

Waiver & Summary Entry 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, 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 event. Additionally, we are not responsible for lost or stolen items. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Team name: _____ Code: _____

Signature of Club Official, Parent, or Guardian

Name: _____ Title: _____

Entry Fee Recap:

Total individual events _____ x \$6.00 = _____

Total number of athletes _____ x \$4.00 (WI LSC Splash fee) = _____

Total number of athletes _____ x \$10.00 (admission fee) = _____

Total number of athletes _____ x \$10.00 (facility fee) = _____

Make Checks Payable to SEA. Check Number _____ Total entry fee = _____