

# 2010 Ashwaubenon Pentathlon

## Saturday May22, 2010

SPONSORED BY: Ashwaubenon Swim Club (ASC)

SANCTION #: WI2010-209S  
Swimmers must be USA-S registered.  
USA-S Rules and Regulations prevail.

DATE: Saturday May 22, 2010

PLACE: Ashwaubenon High School  
2391 Ridge Road  
Green Bay, WI 54304

MEET DIRECTORS: Jay & Cindy Van Laanen – (920) 498-0223/(920)639-7276

ENTRY FEES: \$20.00 per swimmer, includes 5 events & splash fee  
\$12.00 per Relay

ENTRY LIMITS: Swimmers are entered into 5 events. Meet entries are limited to 1000 entries per day. Swimmer's age the day of the meet will determine age group. Deck entries will be accepted in open lanes only, and must be made no later than 30 minutes prior to the start of the respective session. There will be no deck registrations.

HY-TEK FILE: A Hy-tek events file for downloading into the Team manager will be available

MAIL ENTRIES TO: Cara Steinhoff  
1580 Carole Lane  
Green Bay, WI 54313  
E-mail to: [kacjvl@sbcglobal.net](mailto:kacjvl@sbcglobal.net)  
Deadline: May 7, 2010  
SEND ENTRIES ON HY-TEK WITH A HARD COPY  
BACK-UP. E-MAIL ONLY IF HY-TEK DISK NOT  
AVAILABLE.

SCHEDULE:

**Saturday (10 & under AM, 11 & Over PM)**

**8:00-9:00 AM** Warm-ups

**9:00AM** Timers meeting

**9:10AM** Meet begins (10 and under)

Afternoon warm-ups will not begin before 11:00AM and will last for 1 hour.

12:00PM (approx.) Afternoon session begins.

WARM-UPS:

First 20 minutes circle swim in all lanes

Next 20 minutes sprints in lanes 3&4, circle swim in lanes 1, 2 & 5.

Last 20 minutes sprints in lanes 2, 3, &4, circle swim in lanes 1&5.

Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with the recent change to Policy 4.5.2(a).

FACILITY:

Five (5) Lanes, 25 yard, Back Stroke Flags, Non-Turbulence lane dividers

Starting depth – 9 ½ feet with 30” blocks.

Turn side depth – 3 ½ feet

Colorado Timing System with Back- Up stop watches – two (2) per lane

100yd Relays –swimmers 2 & 4 will start in the water – 3 ½ feet water depth

**The Competition course has not been certified in accordance with 104.2.2(C)**

MEET FORMAT:

Meet will be pre-seeded. 8 & U report to 8 & Under seating in the school hallway. All other swimmers report to the blocks prior to the event. 100yd Relays –swimmers 2 & 4 will start in the water – 3 ½ feet water depth

OFFICIALS: Judy Felts  
Beth Pless  
John Garvey  
Jane Strebel

AWARDS: Individual Events: Ribbons 1st-8<sup>th</sup> place, will be awarded as single age.  
High Point Pentathlon single age Trophies 1<sup>st</sup>-3<sup>rd</sup> place.  
(Must compete in all 5 events to qualify)  
Relays: Ribbons 1<sup>st</sup>-6<sup>th</sup>  
Heat Winner awards will be given for individual events.  
Awards must be picked up the day of the meet; no awards will be mailed. Relays will not be factored in award points.

FINAL RESULTS: Each team in the meet will receive a copy of the final results.

DISABLED SWIMMERS: Complete and submit with the appropriate WI disabled swimmer form.

FIRST AID: Available during the meet in the pool office.

ADMISSIONS: \$3.00 Adults (under 12 – no charge)  
\$4.00 Heat Sheets

FOOD: Available in the commons. All food and drinks must be consumed in the commons area.

LOST & FOUND: Swimmers are responsible for their own belongings. Lost & found articles will be located at the awards table. After the meet call Cindy at (920) 498-0223.

CONDUCT: **In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.**  
All clubs are responsible for the conduct of their swimmers.

Girls	2010 ASC Pentathlon Saturday May 22, 2010 Sanction # Morning Session	Boys
1	8 & U 25 Fly	2
3	9-10 50 Fly	4
5	8 & U 25 Back	6
7	9-10 50 Back	8
9	8 & U 100 Mixed Free Relay	
10	9-10 200 Mixed Free Relay	
11	8 & U 25 Breast	12
13	9-10 50 Breast	14
15	8 & U 100 IM	16
17	9-10 100 IM	18
19	8 & U 100 Mixed Medley Relay	
20	9-10 200 Mixed Medley Relay	
21	8 & U 25 Free	22
23	9-10 50 Free	24
	1 hour warm up	
	Afternoon Session	
25	Open 50 Fly	26
27	11-12 50 Fly	28
29	Open 50 Back	30
31	11-12 50 Back	32
33	Open 200 Mixed Free Relay	
34	11-12 200 Mixed Free Relay	
35	Open 50 Breast	36
37	11-12 50 Breast	38
39	Open 100 IM	40
41	11-12 100 IM	42
43	Open 200 Mixed Medley Relay	
44	11-12 200 Mixed Medley Relay	
45	Open 50 Free	46
47	11-12 50 Free	48

**Ashwaubenon Swim Club  
2010 Winter Pentathlon  
Saturday May 22, 2010**

**OFFICIAL ENTRY FORM-ALL MEET AND RELAY ENTRIES  
MUST BE SUBMITTED WITH THIS WAIVER.**

**NAME OF CLUB:** \_\_\_\_\_ **USS ALPHA CODE:** \_\_\_\_\_  
**NUMBER OF:**  
\_\_\_\_\_ **SWIMMERS (SPLASH FEE+ 5 events) @ \$20.00** \$ \_\_\_\_\_  
\_\_\_\_\_ **RELAY EVENTS @\$12.00** \$ \_\_\_\_\_  
**Make checks payable to "ASC"**  
**TOTAL** \$ \_\_\_\_\_

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, and assigns, waive and release any and all claims against the USA-S, WI chapter of USA-S, Ashwaubenon High School, Ashwaubenon Swim Club, and its Board of Directors and the meet officials, for injuries and/or expense incurred by me/us at the meet, or while on the road to and from the meet. I/we are bonafide amateur athlete(s) and eligible to compete in all events I/we have entered.

**Signature of Club Official:** \_\_\_\_\_ **Position:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
\_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

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**Contact person regarding this entry:** \_\_\_\_\_  
**E-Mail:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Entries along with the signed waiver and fees must be received by Friday May 7, 2010. Please make checks payable to "ASC" (Ashwaubenon Swim Club). See information sheet for entry limits and fee requirements. Deck entries will only be done as long as they don't result in additional heats. Fees will be refunded only if for unforeseen reasons this meet is cancelled.

**Mail all signed forms and fees to: Cara Steinhoff  
1580 Carole Lane  
Green Bay, WI 54313**