



2012 Ashwaubenon Pentathlon

Saturday May 12, 2012



- SPONSORED BY: Ashwaubenon Swim Club (ASC)
- SANCTION #: WI2012-206S
- Swimmers must be USA-S registered.
USA-S Rules and Regulations prevail.
- DATE: Saturday May 12, 2012
- PLACE: Ashwaubenon High School
2391 Ridge Road
Green Bay, WI 54304
- MEET DIRECTORS: Brian & Nicki Mikkelson – (920) 497-6174
- 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: Ginger Nipps
1127 April Ln.
Green Bay, WI 54304
E-mail to: entries@asc-wi.com
Deadline: April 27, 2012
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 104.2.2C(4)**

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.

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.

OFFICIALS: Judy Felts - Head Official
Beth Pless
John Garvey
Jane Strebel
Cindy Maltry

AWARDS:

- Individual
- Events: Ribbons 1st-8th place, will be awarded as single age.
- High

Point Pentathlon single age Trophies 1st-3rd place (must compete in all 5 events to qualify).

- Ribbons 1st-6th Relays:
- Winner awards will be given for individual events. Heat
- must be picked up the day of the meet; no awards will be mailed. Relays will not be factored in award points. Awards

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

DISABLED 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 Nicki at (920) 497-6174.

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.

2012 ASC Pentathlon Saturday May 12, 2012 Sanction #WI2012-206S		
Girls	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
2012 Pentathlon
Saturday May 12, 2012**

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:** _____

Contact person regarding this entry: _____

E-Mail: _____ **Phone:** _____

Entries along with the signed waiver and fees must be received by Friday April 27, 2012. 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: Ginger Nipps
1127 April Ln.
Green Bay, WI 54304**