

FAST
FORT ATKINSON SUMMER PENTATHLON
SATURDAY, JUNE 19, 2004
SANCTION# 2004-075

HOSTED BY: Fort Atkinson Swim Team

LOCATION: Ft. Atkinson High School
925 Lexington Blvd.
Ft. Atkinson, WI 53538

POOL: The pool is **25 yards**, has eight lanes, a flush deck with starting blocks at a height of 30 inches, non-turbulent lane markers and a starting depth of 9 feet. A Colorado starting and timing system with 2 back-up watches will be used.

DESCRIPTION: Two session, Pentathalon, swimmers will swim 5 events and award places will be determined by the totaled times from all five events.
AM session - 8&U, 10&U
PM session - 11-12,13-14,15&O

**WARM-UP AND
MEET TIMES:**

AM Seession - (8&U, 10&U)
8:00-08:30 AM General warm-ups
8:30-09:00 AM Lanes 1,2 & 8 Circle swim
Lanes 3 & 7 Push/Pace
Lanes 4, 5 & 6 One way sprints.

PM Seession - (11-12,13-14,15&O)
Noon-12:30 PM General warm-ups
12:30-01:00 PM Lanes 1,2 & 8 Circle swim
Lanes 3 & 7 Push/Pace
Lanes 4, 5 & 6 One way sprints.

The meet starts at 9:15 AM June 19, 2004.

All swimmers must enter feet first during circle swims. A coach from your team must be on deck during warm-ups. Swimmers not following warm-up procedures may be disqualified at the discretion of the meet Marshall.

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MEET DIRECTOR: Brian Hancy
W8234 Stockbridge Ct.
Lake Mills, WI 53551
Home **(920) 648-5990**,
Work (608) 285-4530 or 1-800-253-8769 ex. 44530
E-mail: bhancy@charter.net

OFFICIALS AND RULES: Pending, Pending, Pending (min. 2 starter/ref & 1 stroke/turn)
Official USS Short Course Rules will be used for this meet.

ELIGIBILITY: All swimmers must be USS registered. Out of state swimmers must show their present USS cards to the Meet Marshall on the day of the meet. Ages as of June 19, 2004. **Swimmers must enter all five events** (free, back, breast, fly and IM) in his/her age group.

ENTRY DEADLINE, LIMITATIONS: All entries, waivers and fees must be received no later than **June 12, 2004**. Please do not send seed cards. **Entries sent via Hy-tek commlink disk are highly encouraged along with a hard copy.** E-mail is also highly encouraged: bhancy@charter.net

FEES: Entry fees are **\$17.00 per swimmer** (\$3/event + 2.00 splash fee). Entry fees are NON-REFUNDABLE. **Swimmers pay for all 5 events**, even if they do not intend on compete in 5 events. Make check payable to Fort Atkinson Swim Team.

AWARDS: **Trophies** will be given for 1st - 3rd place and **medals** for 4th, 5th, 6th in each age group (for **total time of all 5 events**). ALL Swimmers who compete in the pentathlon, who do not receive a place trophy or medal, will receive a participation award. Places will be determined by the totaled times from all five events. Any swimmer who scratches an event or is disqualified will not be eligible for the 1st - 3rd place trophies or 4th - 6th place medals, but will be eligible for, a participation award if they swim one event or individual event ribbons. **Individual ribbons** for individual events places 1-8 in age groups.

AGE GROUPS: Swimmers will swim in heats grouped as 8&U, 9-10, 11-12, 13-14, 15&O, however, awards will be broken out into age groups 7&U,8,9,10,11,12,13,14,15&O.

SEEDING: Regular event seeding. **All deck seeding will stop at 8:45 AM**

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(30 minutes before the start of the meet).

GENERAL MEET INFORMATION:

Adaptive Swimmers and coaches on deck must be registered USAS currently.

One copy of meet results will be mailed to all teams. Additional copies will be available for \$5.00. If you are entering an adaptive swimmer, please notify the meet referee prior to the start of the meet. Each club will be responsible for the conduct of its swimmers. If in the opinion of the Meet Director or Marshall, a swimmer's or a spectator's conduct is harmful or disruptive, he/she will be asked to leave.

NO SMOKING IS ALLOWED.

Heat Sheets \$ 3.00, Admission \$ 2.00 for 12 year-olds and older.

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ORDER OF EVENTS

GIRLS		BOYS
	AM SESSION	
1	8 & U 25 FLY	2
3	10& U 50 FLY	4
5	8 & U 25 BACK	6
7	10& U 50 BACK	8
	Optional 5 min. Break	
9	8 & U 100 IM	10
11	10& U 100 IM	12
13	8 & U 25 BREAST	14
15	10& U 50 BREAST	16
17	8 & U 25 FREE	18
19	10& U 50 FREE	20
	PM SESSION	
21	11-12 50 FLY	22
23	13-14 100 FLY	24
25	15 & O 100 FLY	26
27	11-12 50 BACK	28
29	13-14 100 BACK	30
31	15 & O 100 BACK	32
	Optional 5 min. Break	
33	11-12 100 IM	34
35	13-14 200 IM	36
37	15 & O 200 IM	38
39	11-12 50 BREAST	40
41	13-14 100 BREAST	42
43	15 & O 100 BREAST	44
45	11-12 50 FREE	46
47	13-14 50 FREE	48
49	15 & O 50 FREE	50

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WAIVER

In consideration of the 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 USS, Ft. Atkinson High School, Ft. Atkinson School District, Ft. Atkinson Swim Team (FAST), FAST board members, and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to/from this meet. I/we have entered.

Signature of the Club Official, Parent or Guardian: _____

Position: _____

Phone Number: _____

E-Mail: _____

Contact Person if different than above: _____

Phone Number: _____

E-Mail: _____

Team Name and Abbreviation: _____

Coach's Name: _____

Phone Number: _____

E-Mail: _____

Name and Address for sending Final Results:

Name: _____

Address: _____

City/State/Zip: _____

E-Mail: _____