

**FAST**  
**FORT ATKINSON SUMMER PENTATHLON**  
**SATURDAY, JUNE 18, 2005**  
**SANCTION# 2005-065WI**

**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 18, 2005.**

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:** Amy Schmidt  
112 Jackson Street  
Fort Atkinson, WI 53538  
Home **(920) 563-4715**  
E-mail: [taschmidt@compufort.com](mailto:taschmidt@compufort.com)
- 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 11, 2005**. 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:** :  
[taschmidt@compufort.com](mailto:taschmidt@compufort.com)
- 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 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> 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 4<sup>th</sup> - 6<sup>th</sup> 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**

**1**  
**3**  
**5**  
**7**  
  
**9**  
**11**  
**13**  
**15**  
**17**  
**19**

**AM SESSION**

**8 & U 25 FLY**  
10& U 50 FLY  
**8 & U 25 BACK**  
10& U 50 BACK  
Optional 5 min. Break  
**8 & U 100 IM**  
10& U 100 IM  
**8 & U 25 BREAST**  
10& U 50 BREAST  
**8 & U 25 FREE**  
10& U 50 FREE

**BOYS**

**2**  
**4**  
**6**  
**8**  
  
**10**  
**12**  
**14**  
**16**  
**18**  
**20**

**PM SESSION**

**21**  
**23**  
**25**  
**27**  
**29**  
**31**  
  
**33**  
**35**  
**37**  
**39**  
**41**  
**43**  
**45**  
**47**  
**49**

**11-12 50 FLY**  
13-14 100 FLY  
15 & O 100 FLY  
**11-12 50 BACK**  
13-14 100 BACK  
15 & O 100 BACK  
Optional 5 min. Break  
**11-12 100 IM**  
13-14 200 IM  
15 & O 200 IM  
**11-12 50 BREAST**  
13-14 100 BREAST  
15 & O 100 BREAST  
**11-12 50 FREE**  
13-14 50 FREE  
15 & O 50 FREE

**22**  
**24**  
**26**  
**28**  
**30**  
**32**  
  
**34**  
**36**  
**38**  
**40**  
**42**  
**44**  
**46**  
**48**  
**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:** \_\_\_\_\_