

**De Forest Aquatic Club – Pentathlon**  
**Sanction #2009-104WI**  
**Saturday, May 9th, 2009**

MEET DATE: Saturday, May 9<sup>th</sup>, 2009

**AM Session:**

Warm-ups: 7:15 am – 8:15 am

First Event: 8:30 am

**PM Session:**

Will begin immediately after the AM session, but not before 11:00 am

Warm-ups: One Hour

First Event: After the end of PM warm-ups

LOCATION: DeForest High School  
815 Jefferson St.  
DeForest, Wisconsin 53532

FACILITY: Indoor 25 yard pool with six 7' lanes, non-turbulent lane markers, backstroke flags, 30" Paragon quick start slanted starting blocks, guttered pool. Pool depth is 10' at the starting block end and 3 ½' at the opposite end. The competition course has not been certified in accordance with 104.2.2(c).

TIMING: All events (with the exception of 25-yard races) will be timed using a Daktronics Timing System with Strobe/Horn Start, Touch pads, one button, and 2 watches as backup. All 25-yard races will be timed with 2 electronic stop watches. All events will be timed finals. 25-yard races will start off starting blocks.

OFFICIAL RULES: 2009 USA Swimming & Wisconsin Swimming short course rules will prevail for the meet. Cell phones and cameras are prohibited in the locker rooms. No Recall Starts.

WARM-UPS: The first 30 minutes of each warm-up session is circle swimming only, no diving from the starting blocks. **Swimmers must sit on the edge then lower themselves into the water.** The next 30 minutes: Lanes 2, 3, 4, and 5 sprints (one directional swimming from starting end only, diving from the blocks permitted). Lanes 1 and 6 circle swimming. Meet Marshals will be on deck during the entire warm-up, with authority to recommend disqualification from individual events. DFAC reserves the right to assign warm-up lanes.

ENTRIES: Completed entry forms, signed waiver, and fees must be received by Wednesday, **April 29th, 2009**. Preferred method of entry is by electronic file in HY-TEK format. You can download a meet setup file (zipped) from the WI web site. Current USA Swimming ID number **MUST** be included on the entry form. All deck entries must be able to prove USA Swimming membership. Out of state swimmers must show their current USA Swimming card prior to swimming.

MEET DIRECTOR: Daniel Blackdeer  
3809 Sunhill Drive  
Madison, WI 53718  
Home (608) 837-3223  
dblackdeer@gmail.com

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**Pentathlon:** A pentathlon is a combination of the four competitive strokes and the individual medley. This pentathlon is being conducted with five different competitions. The 8 & Under Pentathlon is the combination of the 25 yard butterfly, backstroke, breaststroke, freestyle and the 100 yard individual medley. The 9 & 10 pentathlon consists of the 50 yard butterfly, backstroke, breaststroke, freestyle and the 100 yard Individual Medley. The 11 & 12 Pentathlon is the combination of the 50 butterfly, backstroke, breaststroke, freestyle and 100 individual medley. The 13 & 14 and Open Pentathlon is the combination of the 100 butterfly, backstroke, breaststroke, freestyle and 200 individual medley. A swimmer must compete in all five events to be eligible for awards. A swimmer may not enter more than one pentathlon. To determine the champion of the pentathlon an addition of all five events based off time, not place. Fly over starts may be used.

**DISABLED ATHLETES:** Please indicate on the entry form any special needs by a swimmer.

**ENTRY LIMIT:** Swimmers must swim all five events included in the pentathlon to be eligible for high point. Swimmers not wishing to participate in the pentathlon can still swim events they desire. Total number of entries will be limited to 1200 swims. Deck seeding will be allowed in empty lanes only.

**AGE GROUPS:** 8&U, 10&U, 11-12, 13-14, Senior (Age as of 5/09/09)

**ENTRY FEE:** Individual Events: \$3.00  
Splash Fee \$3.00

**AWARDS:** High point trophies for first second and third place to boy and girl from each age group (8&U, 9-10, 11-12, 13-14, & senior) who have the highest point total from the Pentathlon events. Ribbons will be awarded for individual events to first through sixth place. Group distribution of awards to coaches will be permitted. Awards will not be mailed. Swimmers who deck seed any events will be ineligible for High Point awards.

**FINAL RESULTS:** Final results will be e-mailed to participating teams, and posted on the Wisconsin Swimming web site.

**SEEDING:** This is a PRE-SEEDED meet. IT IS THE SWIMMER'S RESPONSIBILITY TO BE AT THE BLOCKS AT THE START OF HIS/HER EVENT(S). Staging assistance will be provided for 8&U events.

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**DECK SEEDING:** Deck seeding will be allowed only to the limit of filling partially filled heats. A \$5.00 charge per event will be assessed for deck seeding. Deck seeding will close at 8:00 am for the AM Session and 30 minutes before the PM Session starts. Swimmers unable to prove USA Swimming membership will be charged a deck-registration fee of \$49.

Coaches' packets will be available at the data entry table. Coaches and Club Officials desiring to be on deck will be required to display proof of current USA Swimming membership at all times.

**ADMISSION:** Heat Sheets - \$3.00 each; Admission - \$3.00 for 18 and older.

**CONCESSIONS:** A large selection of food will be available at reasonable prices throughout the day.

**MEET CONDUCT:** All teams are responsible for the conduct of their swimmers. The meet Director/Marshall, at his/her discretion, shall remove any swimmers or spectators who behave in a disruptive or disorderly manner.  
**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.**

**OFFICIALS:**

Starter/Referees	Rick Potter and Rodrigo Tarte
Stroke & Turn	TBD

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**LIST OF EVENTS**

(Warm-ups 7:15-8:15 am. Meet starts at 8:30 am)

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
1	8&U	100 Individual Medley	2
3	10&U	100 Individual Medley	4
5	8&U	25 Free	6
7	10&U	50 Free	8
9	8&U	25 Breast	10
11	10&U	50 Breast	12
13	8&U	25 Back	14
15	10&U	50 Back	16
17	8 &U	25 Fly	18
19	10 &U	50 Fly	20

**BREAK/WARM-UPS**

(Warm-ups not before 11:00 am)

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
21	11-12	100 Individual Medley	22
23	13-14	200 Individual Medley	24
25	Open	200 Individual Medley	26
27	11-12	50 Free	28
29	13-14	100 Free	30
31	Open	100 Free	32
33	11-12	50 Breast	34
35	13-14	100 Breast	36
37	Open	100 Breast	38
39	11-12	50 Back	40
41	13-14	100 Back	42
43	Open	100 Back	44
45	11-12	50 Fly	46
47	13-14	100 Fly	48
49	Open	100 Fly	50

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**Waiver**

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with their heirs, representatives and assigns, waive all claims against United States Swimming and the Wisconsin Swimming Committee, De Forest Aquatic Club, and the De Forest Area School District, and any other agents of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet.

Signature of Team Official \_\_\_\_\_

Team Name \_\_\_\_\_

Team Abbreviation \_\_\_\_\_

Coach(es) \_\_\_\_\_

Address for Final Results \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact: Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

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**SUMMARY OF ENTRY FEES**

Number of Individual Swims \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Number of Swims Reserved \_\_\_\_\_ Reservation \$ \_\_\_\_\_

Balance Due for additional swims (enter zero if less) \$ \_\_\_\_\_

**EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES**

Number of Swimmers \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Total Entry Fee Due \$ \_\_\_\_\_

**Make Checks Payable to: DeForest Aquatic Club**

**Mail Entries and Waiver to:**

Daniel Blackdeer  
3809 Sunhill Drive  
Madison, WI 53718  
(608) 837-3223

**ENTRIES MUST BE RECEIVED BY APRIL 29<sup>ND</sup>, 2009**