



The 29th Annual Pentathlon

Hosted By:

Cutten Green Current Swim Team

Date:

Sunday, June 11, 2023

Location:

Cy-Springs High School Natatorium

7909 Fry Rd

Cypress, Texas 77433

POOL: Eight lane, 25-yard indoor pool with non-turbulent lane lines.

TIME(S): Session 1: 10 & Under - Age Group to begin at 8:30 AM
Warm-Up will begin at 7:00 AM

Session 2: 11 and Up - Age Group to begin at 1:30 PM or 1 1/2 hours concluding Session 1.
Warm-Up will begin immediately following conclusion of AM session finishes.

Award presentation immediately following **EACH** session.

MEET DIRECTOR: Karen Craig
Telephone: 832-372-3644
Email: pent_swim@yahoo.com

MEET REFEREE: Joe Roth

OFFICIALS: 2023 NWAL certified officials will officiate.
Participating teams are asked to furnish officials.

TIMERS: We are asking Teams to provide timers based on the percentage of team entries.
Timing assignments will be published in the digital Heat Sheet and available on our website.
(<https://pentathlon.swimtopia.com>). However, we will also provide a volunteer sign up opportunity prior to each session on Sunday.

ENTRIES: Entry fees are **\$40.00** per swimmer. Each swimmer must enter all five events (Fly, back, breast, free, I.M.). NT is not allowed. Coaches are asked to submit swimmers' best YARD times for seeding purposes. We are only accepting entries from Swimtopia software. Please choose [Meet Entries - Hy-Tek format \(.zip/.hy3\)](#) option to export the file. **There will be NO on deck entries per NWAL rules.**

ALL EMAILS SHOULD INCLUDE CONTACT INFORMATION OF THE TEAM ENTRY PERSON. Entries should be sent to: pentathlon2023cg@gmail.com

DEADLINE: Entries must be received by **1:00 pm on Tuesday, June 6th, 2023.** We start accepting entries on **Sunday, June 4th, 2023.** Entries will be processed in the order they were received. Once the **700-athlete** max has been met NO entries will be accepted, except for teams that are already in the meet.

ONE CHECK PER TEAM Make checks payable to **Cutten Green Swim Team.** Payment must accompany a Meet Entry Fee Summary report, and a Team Contact Information form. Payment must be received no later than 5:00 PM Friday June 9th.

Mail to the Following Address:

Jacqueline Nixon
6311 Sutter Park
Houston, Texas 77066
281-235-3400

REFUND POLICY: There will be **NO** refunds.

RULES & SANCTION: NWAL has sanctioned this meet. All 2023 rules will apply except III.B.2.a. which limits swimmers to **(3)** individual events & allows moving up age groups. Rule additions include:

(1.) All 8 & under must swim an IM and (2.) All swimmers who are disqualified or absent from an event become ineligible for Pentathlete composite awards. Time trial times will be accepted due to the fact Pentathlon is a mid-season meet.

STARTING: The Colorado starting system will be used.

AWARDS: Individual Events: Ribbons for 1st through 16th place (**points to 10th place**) toward team score.

PENTATHLETE: Determined by **cumulative time, not points.**
Trophy for 1st, Medals for 2nd through 5th place.

Ribbons and trophies awarded to the following ages/age groups:

7&U, 8,9,10,11,12,13,14,15-16,17-18. If there are 10 or fewer swimmers in an individual age group, the age groups will be combined. i.e. 9-10, 11-12, 15-18

6-year-old swimmers who complete all events legally will receive an award. There will be also a special award for the youngest Pentathlete.

Team awards – by point: First, second & third place team plaques will be awarded to the three highest scoring teams in two groups. The groups will be determined by the number of swimmers per team. Team awards will be based on the total points accumulated.

SCORING: Individual events 11-9-8-7-6-5-4-3-2-1. In the case of a Pentathlete tie the IM will be used as the tie breaker.

FOOD: Concessions will be provided.

T-SHIRTS: 2023 Pentathlon t-shirts will be for sale throughout the swim meet.

HOSPITALITY: A hospitality room for coaches and officials will be provided.

TEAM AREAS: - Spectator bleacher indoor seating is for observation only. There is **NO SETUP** in the stands. Please NO flash photography at the start of a race. Team set up is outdoors, in the grass on the east side of the NAT (easiest access to viewing/ready bench from here). Some areas are shaded, some are not. Tents are advised. No generators on the grass. No set up in the circle driveway.

WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the Meet There will be no re-seeding at the ready bench. The heat and lane assignments will be shown in the Meet Program that is for sale; the Meet Program will also be posted in a central location.

READY BENCH: As a pre-seeded meet, all heats and lane assignments are made prior to the meet. It is the swimmer's responsibility to be at the Ready Bench Area on time. Announcements will be made to call swimmers to the ready bench. Due to the high volume of swimmers and the pace of the 25-yard heats, it is necessary to call swimmers early; swimmers may be on the blocks when the announcement for their next heat is made; we simply need swimmers at the Ready Bench as soon as possible.

FACILITY RULES: Because of insurance and safety regulations, the swimming pool deck, during the operation of the swim meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel and timers.

SAFETY GUIDELINES & WARM-UP PROCEDURES

WARM-UP PROCEDURES: Lane Assignments posted on NWAL

- A. General warm-up (first 1/2 of warm-up for each session):
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (last 1/2 of warm-up for each session):
 - 1. **RACING STARTS ONLY** either from blocks or from backstroke starts.
 - 2. **ONE-WAY ONLY** in all lanes.

SAFETY GUIDELINES:

A. Coaches Responsibilities:

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and warm-ups.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work (last ½ of warm-up only)
3. Coaches shall actively supervise their swimmers throughout the warm-up session.
4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

B. Safety Marshals – any swimmer or coach who is in violation of safety guidelines or warm-up procedures may be removed by an authorized Safety Marshall.

**THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY
AS NECESSARY.**

C. Miscellaneous:

1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are off limits.
7. During warm-up, unattached and unattended swimmers must report to the Safety Marshal for assignment to a coach before entering the pool.

QUALIFYING TIMES (in YARDS)

8 & U Boys 5:55.00

9 – 10 Boys 4:20.00

11 – 12 Boys 4:25.00

13 – 14 Boys 4:00.00

15 – 18 Boys 3:40.00

8 & U Girls 5:55.00

9 – 10 Girls 4:19.00

11 – 12 Girls 4:25.00

13 – 14 Girls 4:10.00

15 – 18 Girls 3:45.00

QUALIFYING TIMES (in METERS)

8 & U Boys 6:35.50

9 – 10 Boys 4:48.60

11 – 12 Boys 4:54.15

13 – 14 Boys 4:26.40

15 – 18 Boys 4:04.42

8 & U Girls 6:35.50

9 – 10 Girls 4:47.49

11 – 12 Girls 4:54.15

13 – 14 Girls 4:37.50

15 – 18 Girls 4:09.75

NOTE: These times are a **COMPOSITE** of all 5 events except for 8 & under group which does not include **IM** time. **NT** is not allowed. **We encourage the young swimmers to get IM time from Time Trials.** All individual times must be submitted for seeding purposes per NWAL. Time Trials are accepted; however, the fastest meet time will take priority if it is available.

Please look over your swimmers' times to be sure they are qualifying times.
This year, we are working extra hard to see that all composite times submitted fall within the time standards.

2023 Pentathlon Team Summary Form

TEAM NAME: _____

TEAM ABBREVIATION: _____

TEAM REPRESENTATIVE NAME: _____

PHONE: _____

E-MAIL: _____

TEAM ENTRY PERSON: _____

PHONE: _____

E-MAIL: _____

ALL AWARDS MUST BE PICKED UP THE DAY OF THE MEET.
NO AWARDS WILL BE MAILED OR DELIVERED.

TEAM REPRESENTATIVE COLLECTING

AWARDS: _____

PHONE: _____

CHECKLIST:

1. Meet Entry with Proof of Time Report
2. Meet Entry Fee Report
3. Team Summary Page
4. Payment – Check payable to **Cutten Green Current Swim Team**

TIMERS/SCRIBES VOLUNTEER OPPORTUNITY:

<u>NAME</u>	<u>PHONE</u>	<u>AM/PM (choose one)</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

OFFICIALS AVAILABLE:

	<u>NAME</u>	<u>PHONE</u>	<u>AM/PM (choose one)</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

TOTAL FEE: _____ swimmers @ \$40 each = \$_____.