

The 30th Annual Pentathlon



Hosted By:

**Cutten Green Current Swim
Team**

Date:

**Sunday, June 9,
2024**

Location:

Klein Collins High School

20811 Ella Blvd.

Klein, Texas 77388

With immense pleasure and excitement, we invite you to participate in the 30th annual Pentathlon Swim Meet. As we celebrate this significant milestone, we continue to uphold the tradition of excellence that has defined the Pentathlon for the past three decades.

To help maintain our esteemed reputation, we have relocated to Klein Collins High School to address concerns associated with volunteer timers. The Klein Collins natatorium enables us to implement touchpad finishes at both ends of the pool for all events, ensuring accuracy and eliminating any concerns regarding swimmer finishes.

Our goal remains unchanged: to provide the most exceptional swim meet experience for the NWAL community. In an effort to increase participation, we have slightly broadened the time standards in several age groups. Additionally, as per NWAL rules, time trial times are allowed if an official time has not been established. These modifications aim to increase the likelihood of our youngest swimmers qualifying for and participating in NWAL's most demanding swim meet.

We are looking forward to seeing all of you on June 9th, as we come together to make the 30th annual Pentathlon Swim Meet an unforgettable celebration of swimming excellence.

POOL: Eight-lane, 25-yard indoor pool with non-turbulent lane lines. **TOUCHPAD FINISHES FOR ALL EVENTS**

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 the conclusion of the AM session finishes.

***Awards presentation following each session.**

MEET DIRECTOR: Karen Craig, America Hernandez
Telephone: 832-372-3644, 281-591-6004
Email: Annualcgcpentathlon@gmail.com

MEET REFEREE: Tom Jones

OFFICIALS: 2024 NWAL-certified officials will officiate.
Participating teams are asked to furnish officials.

TIMERS: We are asking Teams to provide timers to assist with meet continuity.
Timing assignments are based on team participation and will be published in the digital Heat Sheet, posted on deck, and available on our website (<https://pentathlon.swimtopia.com>). We will also provide a volunteer sign-up opportunity before 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 must include the contact information for the team entry person. Entries should be sent to: Annualcgcpentathlonmail.com.

DEADLINE: Entries must be received by **9:00 pm on Tuesday, June 4th, 2024.**
We will begin accepting entries on **Sunday, June 2nd, 2024.** Entries will be processed in the order they were received. Once the **700-athlete** max has been met, no additional entries will be accepted, except for teams 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 by **5:00 PM Friday, June 7th.** All **Online portal** payments are subject to an additional \$1.62 processing per registered swimmer.

Mail or Drop off to the Following

Address:

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

Online payment Portal Available



*****Online portal subject to \$1.62 per swimmer processing fee*****

REFUND POLICY: There are no refunds. Once team entries are submitted, teams are financially responsible for those entered, regardless of whether they are unable to participate on the day of the meet.

RULES & SANCTION: NWAL has sanctioned this meet. All 2024 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 disqualified or absent from an event become ineligible for Pentathlete composite awards. Additionally, as per NWAL rules, time trial times are allowed if an official time has not been established.

STARTING: The Daktronics starting system will be used.

AWARDS: Individual Events: Medals 1st through 3rd place and ribbons 4th through 16th place. **Points are awarded to 10th place (towards the team score).** Ribbons and trophies awarded to the following ages/age groups: 7&U, 8, 9, 10, 11, 12, 13, 14, 15-16, 17-18.

PENTATHLETE: Determined by ***cumulative time, not points.***

Trophy awarded for 1st place, and medals awarded for 2nd through 5th place.

SPECIAL AWARDS: Special awards and recognition will be given to swimmers who break event records and Pentathlete records. All 6 & Under swimmers who complete all their events legally will receive an award. Additionally, there will be an award for the youngest Pentathlete who finishes the meet without disqualification.

TEAM AWARDS- earned by points: First & second-place team plaques will be awarded to the top two highest-scoring teams in two groups. The two groups will be determined by the number of swimmers per team. Team awards will be based on the total points accumulated.

SCORING: Points awarded for Individual events 1st through 10th place: 11-9-8-7-6-5-4-3-2-1. In the case of a Pentathlete tie the IM will be used as the tiebreaker.

FOOD: Concessions will be sold in the commons area.

HOSPITALITY: A hospitality room for coaches and officials will be provided. **Coach/official identification is required.**

T-SHIRTS: 2024 Pentathlon t-shirts will be for sale throughout the swim meet, in the Commons area.

TEAM AREAS: - Spectator bleacher indoor seating is designated for **observation only**. Spectators must rotate out after viewing their swimmer due to limited seating. The setup of coolers, chairs, or other equipment in the stands is not permitted. Additionally, flash photography at the start of a race is prohibited. Teams should set up in the Commons area and avoid creating bedroom setups like cots or pallets. It is important to use space wisely and be considerate of others. Teams may use wagons to transport items but must store them in their cars during the meet. **Safety personnel will be present** to enforce these rules, so please follow their directions.

WARM-UP PROCEDURES: Please review the attached Safety Guidelines and Warm-up Procedures. We ask that everyone follow these directions courteously. Additionally, if any swimmers are entered into the meet without a coach, we may request that other teams allow these swimmers to join their warm-up sessions.

SEEDING: The meet will be pre-seeded. All heat and lane assignments will be made before the meet. There will be no re-seeding at the ready bench. The heat and lane assignments will be posted in a central location.

READY BENCH: As a pre-seeded meet, all heats and lane assignments are made before the meet. **Swimmers are responsible for being 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 fast pace of the 25-yard heats, it may be necessary to call swimmers early.

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, marshalls, officials, meet personnel, and timers.

SAFETY GUIDELINES & WARM-UP PROCEDURES

WARM-UP PROCEDURES: Lane Assignments will be posted on NWAL and

- 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 ½ of warm-up for each session):
 - 1. **RACING STARTS ONLY** either from blocks or from a backstroke start.
 - 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 during the meets and at 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 violates safety guidelines or warm-up procedures may be removed by an authorized Safety Marshal.

THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.

- C. **Miscellaneous:**
 - 1. Swimmers should be reminded by coaches that breaststrokes 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 must 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.

Pentathlon Time Standards

The time standards for the Pentathlon swim meet aim to achieve two goals: making the event accessible to a wide range of swimmers while ensuring a high level of competition. To meet these goals the cumulative times of a swimmer across all five individual strokes must not exceed the specified time standard for their age group.

GIRLS

<u>Age Group</u>	<u>Max, Cumulative Time</u>
8U	6:25.00
9/10	5:25.00
11/12	5:40.00
13/14	5:20.00
15/18	5:05.00

BOYS

<u>Age Group</u>	<u>Max. Cumulative Time</u>
8U	6:25.00
9/10	5:25.00
11/12	5:40.00
13/14	5:20.00
15/18	4:50.00

Additionally, as per NWAL rules, time trial times are allowed if an official time has not been established.

NOTE: These times are a **COMPOSITE** of all 5 events. **NT** is not allowed. All individual times must be submitted for seeding purposes per NWAL rules. **Please carefully review your swimmers' times to be sure they are within the time standards.**

2024 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 = \$ _____.

*****Online portal subject to \$1.62 per swimmer processing fee*****

**Online payment
Portal Available**

