



The 31st Annual Pentathlon

Hosted By:
**Cutten Green Current
Swim Team**

Date:
**Sunday, June
8, 2025,**
Location:
**Klein Collins High
School**
**20811 Ella Blvd.
Klein, Texas 77388**

We are excited to invite you to participate in the **31st Annual Pentathlon Swim Meet**. This event has earned a reputation for excellence, and we are sincerely grateful for the continued support of NWAL's officials, coaches, swimmers, and families.

We would like to briefly acknowledge and clarify the technical issues experienced at last year's meet. After a thorough review, the high school's computer personnel determined that the timing console settings had been inadvertently altered by another team while testing their equipment prior to the Pentathlon. Although this prevented us from posting real-time results or distributing awards during the meet, our computer team was able to keep the event running by manually transferring data between systems—ensuring that the meet started and finished on time.

Looking ahead, we are excited to implement the **Time-Drops timing system** to enhance accuracy and streamline the scoring process. Our goal is to give every swimmer the best chance to achieve precise times while operating the meet efficiently. We will be using the Time Drops system throughout the season at our home swim meets, so our team will be well-prepared and confident in its use. In addition, skilled technical support will be on hand during the meet to assist as needed. As a backup, we are ready to transition to the school's **Daktronics timing system**, ensuring the meet proceeds smoothly with minimal disruption in the unlikely event of any technical issues.

Time standards remain unchanged from last year. In accordance with NWAL rules, **time trial results will be accepted** if no official time has been established. These guidelines are designed to give NWAL's youngest swimmers greater opportunities to qualify for and participate in one of the league's most exciting and challenging events.

Please mark your calendars for **Sunday, June 8, 2025**. We look forward to hosting an outstanding meet and hope you'll join us for a memorable celebration of swimming excellence.

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

Block starts and Time-Drops finishes or 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 conclusion of AM session finishes.

Award presentation following **EACH** session.

MEET DIRECTOR: Karen Craig
Telephone: 832-372-3644,
Email: annualcgpentathlon@gmail.com

MEET REFEREE: Joe Roth

OFFICIALS: 2025 NWAL certified officials will officiate.
Participating teams are asked to furnish officials.

TIMERS: We may ask Teams to provide timers to assist with meet continuity.
Timing assignments are based on team participation. They 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 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: annualcgpentathlon@gmail.com

DEADLINE: Entries must be received by **5:00 pm on Tuesday, June 3rd 2025**
We start accepting entries on **Sunday, June 1st 2025**. 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 6th**.

**Mail or Drop off 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 2025 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. Additionally, as per NWAL rules, time trial times are allowed if an official time has not been established.

STARTING: This year, we are excited to implement the **Time-Drops Timing System** to improve accuracy and streamline the scoring process. As a backup, we are prepared to switch to the **high school's Daktronics timing system**, ensuring that the meet continues smoothly with minimal disruption in the unlikely event of a technical issue.

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,

6-year-old swimmers who complete all events legally will receive an award. There will be a special award for the youngest Pentathlete who finishes the meet without disqualification.

Team awards – by point: First & second place team plaques will be awarded to the two 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: 2025 Pentathlon t-shirts will be for sale throughout the swim meet.

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

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 in the Commons area, and will be marked. There will be safety personnel to guide teams. **Please follow directions.**

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 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 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, 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 | 8 & U Girls | 5:55.00 |
| 9 – 10 Boys | 4:20.00 | 9 – 10 Girls | 4:19.00 |
| 11 – 12 Boys | 4:25.00 | 11 – 12 Girls | 4:25.00 |
| 13 – 14 Boys | 4:00.00 | 13 – 14 Girls | 4:10.00 |
| 15 – 18 Boys | 3:40.00 | 15 – 18 Girls | 3:45.00 |

QUALIFYING TIMES (in METERS)

| | | | |
|-----------------------|----------------|------------------------|----------------|
| 8 & U Boys | 6:35.50 | 8 & U Girls | 6:35.50 |
| 9 – 10 Boys | 4:48.60 | 9 – 10 Girls | 4:47.49 |
| 11 – 12 Boys | 4:54.15 | 11 – 12 Girls | 4:54.15 |
| 13 – 14 Boys | 4:26.40 | 13 – 14 Girls | 4:37.50 |
| 15 – 18 Boys | 4:04.42 | 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.

2025 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 = \$ _____.