

**Waves Info: Entries due Tuesday 10-4-11 ** 5 events ** entry fee is \$23 **
Everyone swims all 5 events and the times are added together, the top 3
lowest cumulative times in each age group will be awarded a plaque. This
meet is for all the Waves that are fairly competent in all 4 strokes. That
does not mean you can't have strengths and weaknesses we will be
working on all of these almost every day. Great opportunity to get a bunch
of races in all strokes. Check with the coaches for more info.**

**2011 Peg Neal Pentathlon
Sponsored by Lakewood Recreation Swim Team October 22, 2011
Held under USA Swimming Sanction # LE 1163 S**

LOCATION: Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, OH 44107

POOL: 25 yards by 8 lanes, indoor pool, locker rooms, grandstand seating, Colorado timing and scoreboard. Concessions will be available. Parking located on Franklin Blvd. across from Lakewood High School.

STARTING TIMES: Saturday morning warm-up is as follows: 10 & Under warm-up will be from 7:30 AM to 8:00 AM, 13-14 warm-up will be from 8:00 AM to 8:30 AM with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for the first half hour, 15 & over will warm-up the second half hour. Continuous warm-up will be available in the diving well after completion of warm-up period.

ENTRY LIMITATIONS: This meet is for swimmers who can and will swim in all five (5) events for their age group for that day. Swimmers must have a legal time in all 5 events in order to compete in this meet. If your swimmer is not legal in any single stroke please do not enter them in this meet. Every swimmer will be entered in all five (5) events for their age group that day.

DECK ENTRIES: Deck entries will only be accepted on a space available basis, and will be seeded at No Time. Deck entries, if space available: \$30.00. Deck entry swimmers new to meet will be charged \$2.00 LESI surcharge and must provide proof of USA Swimming registration. Deck entries will close 35 minutes before the start of each session.

SWIMMERS WITH A DISABILITY: Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a 25-yard course. Heats will be seeded slowest to fastest. All events are timed finals.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers must check in for all their events no later than 30 minutes prior to the start of the session. Check-in sheets will be posted on the windows of the coaches' office. There will be no clerk of course. Heat and lane assignments will be posted around the pool deck and in the spectator area. Swimmers are responsible for reporting to their starting block for each event. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

SCORING: Each swimmer will compete in all five (5) events by age group, and then the Pentathlon winners will be determined by adding the five times for each swimmer. A swimmer must have successfully completed swims in all five events to be eligible for high point scoring.

AWARDS: Ribbons will be given for places 1 through 8 in each event. Plaques will be awarded to the top three swimmers (boys and girls) in each age group for each pentathlon track. Team Awards will be given for teams finishing 1st, 2nd and 3rd overall. Awards will be given to the coaches at the conclusion of the meet.

ADMISSION COST: \$3.00 per person. Psych sheets: \$3.00 each.

Use or audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

DIRECTIONS: From East: Take 90 West and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

From West: Take 90 East and exit at Bunts. North on Bunts to Franklin Blvd. Left on Franklin and parking lot is on your right.

Emergency Information: Swimmers use exit doors behind the diving well. Spectators exit through lobby doors. Listen for instructions from the announcer, remain calm, and walk toward the nearest exit. Do not gather belongings, just leave.

2011 Peg Neal Pentathlon SCHEDULE OF EVENTS October 22, 2011 Saturday AM

10 & under: 7:30 AM-8:00 AM: 13-14: 8:00 AM - 8: 30 AM, 8:35 meet start (Timed Finals)

Swimmers must have a legal time in all 5 events

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1		10 & Under 50 Back		2
3		13-14 100 Back		4
5		10 & Under 50 Fly		6
7		13-14 100 Fly		8
9		10 & Under 50 Free		10
11		13-14 100 Free		12
13		10 & Under 50 Breast		14
15		13-14 100 Breast		16
17		10 & Under 100 IM		18
19		13-14 200 IM		20

October 22, 2011 Saturday PM

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for first 30 minutes over will warm-up for the second 30 minutes. Meet will begin 5 minutes after the conclusion of the second warm-up session.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
21		11-12 50 Back		22
23		15 & Over 100 Back		24
25		11-12 50 Fly		26
27		15 & Over 100 Fly		28
29		11-12 50 Free		30
31		15 & Over 100 Free		32
33		11-12 50 Breast		34
35		15 & Over 100 Breast		36
37		11-12 100 IM		38
39		15 & Over 200 IM		40