

The 2021 Kaua'i Pentathlon Challenge has returned! Are you up for it?



To compete in the pentathlon, a swimmer must complete the following:

Ages 10 & Under:

Complete a 50 of each stroke and the 100 IM

Or

Complete a 50 of each stroke and the 200 IM

Ages 11 -12:

Complete a 50 of each stroke and the 100IM

or

Complete a 50 of each stroke and the 200IM

Or

Complete a 100 of each stroke and the 200 IM

or

Complete a 100 of each stroke and the 400IM

Ages 13-14:

Complete a 50 of each stroke and the 200IM

Or

Complete a 100 of each stroke and the 200 IM

or

Complete a 100 of each stroke and the 400IM

Ages 15 & over:

Complete a 50 of each stroke and the 200IM

Or

Complete a 100 of each stroke and the 200 IM

or

Complete a 100 of each stroke and the 400IM

(The total of all times will be combined to determine ranking)*

Awards will be divided by age groups as follows:

Women & Men

8 & Under

9-10

11-12

13-14

15 & over

Swimmers can swim 5 events total in this meet

**A swimmer may choose different distances and mix them but they will not qualify for the pentathlon awards*