**LUBBOCK SWIM CLUB**

**ABC PENTATHLON**

**October 5-6, 2018**

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| **Sanction:** | Held under Sanction # WT1005-18. Applied for through the West Texas USA Swimming Association. | | | |
|  | **Meet Director:** April Hayes **Meet Referee:** Michael Haverdink **Altitude:** 3250 feet | | | |
| **Location:** | Pete Ragus Aquatic Center, 2004 14th, Lubbock, TX 806-219-0830 | | | |
| **Facility:** | |  | | --- | | Eight lanes, 50 meters with Daktronics Timing System. | | The Pete Ragus Aquatic Center is an indoor short course / long course facility. The water depth of the pool is 7 feet at one end and 4 feet 5 inches at the other end. The competition course has not been certified in accordance with 104.2.2C Separate dressing rooms, showers and lavatories are available for both men and women. **Deck Changing:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. **Recording Devices:** In accordance with USA Swimming rule 202.3.4E the use of audio or visual recording devices including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. | | Posters, signs, and banners are not allowed on facility walls. | | | | |
|  | \*\*Meet host reserves the right to adjust warm-up schedules and combine heats when needed to run the meet in a timely manner. Warm-up assignments will be sent prior to the start of the meet.  **Warm-up Meet begins** | | | |
| **Schedule:** | Fri. Oct. 5 | **Group 1** 5:00-5:25 pm General warm-up  5:25-5:35 pm One way sprints all lanes\*\*  **Group 2** 5:35-6:00 pm General warm-up  6:00-6:10 pm One way sprints all lanes\*\* |  | 6:15 pm |
|  | Sat. Oct. 6 | **Group 1** 8:45-9:10 am General warm-up  9:10-9:20 am One way sprints all lanes\*\*  **Group 2** 9:20-9:45 am General warm-up  9:45-9:55 am One way sprints all lanes\*\* |  | 10:00 am |
| **Eligibility:** | Open to all swimmers currently registered with USA Swimming. Age as of October 5, 2018 will determine age for this meet. | | | |
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| **Racing Start Proficiency:** | Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start each race from within the water. When not accompanied by a member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. |

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| **Rules:** | 2018 USA Swimming rules for competitive swimming will govern the meet. |
| **Format**: | In a Pentathlon Meet all swimmers swim the same 5 events. Times are then added together; the lowest total time earns first place. All swimmers are encouraged to swim all 5 events, but you may choose to do less than 5. All events will be pre-seeded timed finals.    Flyover starts may be used in timed final events where appropriate. |
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| **Entries**: | **Deadline:** All entries must be submitted by Friday September 28, 2018.  Teams entering more than 10 swimmers must submit their entries via electronic file or pay a fine of $50. Please include your complete USA Swimming ID # on all entries.  Mail Entries to: Lubbock Swim Club coachapril@lubbockswimclub.org  2004 14th Street  Lubbock, Texas 79401  **Limit:** Each swimmer may compete in a total of five (5) individual events during the entire meet, with no more than three (3) individual events during any one day.  **Entry Fees:** Entry fee is $25 per swimmer. Late entries and deck entries are $30/swimmer. |
|  | **Deck Entries:** Deck entries will be accepted for empty lanes only. New heats will not be created. Deck entries will be accepted up to 30 minutes prior to the start of each session. A 2017/2018 registration card is required to deck enter. Coaches, please notify clerk-of-course with any scratches.  **Entry Times:** Entry times must be submitted in 100ths of seconds. Teams will be notified of any issues or exceptions with their entry times.  **Entry Forms:** Entries must be submitted via email. |
| **Awards:** | **A**wards will be presented to the 1st, 2nd and 3rd place boy and girl in each age group (8-under, 9-10, 11-12, 13-14, 15-16, 17-Over) based on the total time of all 5 swims. i.e. lowest total time earns 1st place etc… **Only those swimmers who swim all 5 events in their age group qualify for place awards. A DQ will also eliminate the swimmer from the place awards.**  Open events will be divided into three age divisions for awards: 13-14, 15-16 and 17-Over. 12-under swimmers who choose to swim Open events will not qualify for place awards. |

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| **Concessions:** | A concession stand will be available. Hospitality will be available for officials, volunteers and coaches. |
| **Liability:** | U.S. Swimming, Inc., West Texas Swimming, Inc., Lubbock Independent School District and or its employees, Lubbock Swim Club and or its coaches and it’s officials shall be free from any and all liabilities or claims for damages or harm arising by reason of injuries to anyone during the  conduct of the meet or while traveling to or from the meet. Meet Venue includes the Pete Ragus Aquatic Center and all LISD property. |

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|  |  |  | **Friday October 5, 2018** |  |
|  |  | **Girls** | **Events** | **Boys** |
|  |  | 1 | 8-under 25 Fly | 2 |
|  |  | 3 | 9-10 50 Fly | 4 |
|  |  | 5 | 11-12 50 Fly | 6 |
|  |  | 7 | Open 100 Fly | 8 |
|  |  | 9 | 8-under 25 Free | 10 |
|  |  | 11 | 9-10 50 Free | 12 |
|  |  | 13 | 11-12 50 Free | 14 |
|  |  | 15 | Open 100 Free | 16 |

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|  |  |  | **Saturday October 6, 2018** |  |
|  |  | **Girls** | **Events** | **Boys** |
|  |  | 17 | 8-under 25 Back | 18 |
|  |  | 19 | 9-10 50 Back | 20 |
|  |  | 21 | 11-12 50 Back | 22 |
|  |  | 23 | Open 100 Back | 24 |
|  |  | 25 | 8-under 25 Breast | 26 |
|  |  | 27 | 9-10 50 Breast | 28 |
|  |  | 29 | 11-12 50 Breast | 30 |
|  |  | 31 | Open 100 Breast | 32 |
|  |  | 33 | 8-under 100 IM | 34 |
|  |  | 35 | 9-10 100 IM | 36 |
|  |  | 37 | 11-12 100 IM | 38 |
|  |  | 39 | Open 200 IM | 40 |