

**South Eastern Aquatics  
9th Annual SEA Fall Starter  
November 3, 2019  
Pentathlon**

**Sanction WI 2019-530S**

- Meet Director:** Jose Arteaga  
773-469-2241  
Email: joseharteaga@gmail.com
- Entry Chairperson:** Pat Lewno (262-637-2913)  
5330 Linden Circle  
Racine, WI 53406  
Email: plewno@gmail.com
- Location:** RecPlex Aqua Arena  
9900 Terwall Terrace  
Pleasant Prairie, WI 53158
- Eligibility:** All swimmers must be currently registered with USA Swimming. USA Swimming deck registrations will not be accepted.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Format of Meet:** This will be a Pentathlon Meet with all events run as a pre-seeded timed final. This pentathlon will be conducted with five different competitions. A swimmer may not enter more than one pentathlon. It is not required to compete in all five events.
1. **The 8 & U Pentathlon** is the combination of the 25 yard butterfly, the 25 yard backstroke, the 25 yard breaststroke, the 25 yard freestyle and the 100 yard individual medley.
  2. **The 9-10 Pentathlon** is the combination of the 50 yard butterfly, 50 yard backstroke, the 50 yard breaststroke, 50 yard freestyle and the 100 yard individual medley.
  3. **The 11-12 Pentathlon** is the combination of 50 yard butterfly, the 50 yard backstroke, the 50 yard breaststroke, the 50 yard freestyle, and the 100 yard individual medley.
  4. **The 13-14 Pentathlon** is the combination of the 100 yard butterfly, 100 yard backstroke, the 100 yard breaststroke, the 100 yard freestyle, and the 200 individual medley.
  5. **The Senior Pentathlon** is the combination of the 100 yard butterfly, 100 yard backstroke, the 100 yard breaststroke, the 100 yard freestyle, and the 200 individual medley.
- Facility:** Indoor, 25 yard pool with 8 lanes (9 or 10 lanes if needed). 7' at the shallow end and 12' at the deep end. Starting blocks are 29.5". The Competition course has been certified in accordance with 104.2.2 C (4).
- Schedule/Warm-ups:** AM Session: 8:00 am warm-ups with a meet start at 9:05 am  
Estimated meet timeline will be available on the SEA website [www.sea-y.org](http://www.sea-y.org)
- Wisconsin Swimming warm-up procedures will be in effect. Warm-up session will begin with 30 minutes of circle swimming in all lanes. Swimmers must enter the pool from the starting end using a three point entry for warm-up. Sprint lanes will be opened as needed during the second 30 minutes. Violators of the Wisconsin Swimming warm-up procedures are subject to disqualifications.
- Timing System:** A fully automatic Colorado timing system with 2 manual back-up buttons and two back-up timers for each lane will be used. If the automatic system fails, a gun or horn start will be used.
- General Rules:** Official 2019 USA Swimming and WI LSC rules shall prevail at this meet. Age as of Nov. 3, 2019. In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc., shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

- Entry Deadline:** Team entries on Hy-Tek file, hard copy, waiver, and fees must be received by the Entry Chair **no later than 6:00 PM, October 24, 2019**. If you submit entries via email, the hard copy, waiver, and fees must be received no later than 6:00 pm, October 24, 2019. **Please do not submit more entries than you have reserved unless you have checked with the Entry Chair.**
- Entry Fees:** \$5.00 per individual event, \$3.00 WI LSC Splash Fee, and \$2.00 RecPlex Facility Fee for each swimmer entered in the meet. All fees must accompany entries. Checks should be made payable to “SEA”. **NOTE: Please be sure that the waiver is signed. We cannot accept entries without a waiver.**
- Entry Limit:** Participation is limited to a maximum of five (5) individual events per day. A swimmer may not enter more than one age group pentathlon. It is not required to compete in all five events. To be eligible for High Point Pentathlon Awards, a swimmer must compete in all five events of the Pentathlon.
- Disabled Swimmers:** Coaches are encouraged to inform Officials and the Meet Director of any disabled swimmer’s needs prior to warm-ups.
- MAAPP:** Minor Athlete Abuse Prevention Policy (MAAPP). All applicable adults participating or associated with the respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of USA Swimming’s MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this completion.
- Deck Entries:** Deck entries will be accepted to fill open lanes. No additional heats will be added. Fees for deck entries are \$10.00 per individual event. Plus WI LSC Splash fee of \$3.00 and RecPlex Facility Fee of \$2 if the swimmer is not already entered in the meet. Deck Entries will close 30 minutes prior to the beginning of each session.
- Format:** Individual events will be swum as combined and then separated for awards, with the exception of the 8 & Under. Multi-age event format will be used. The Hy-Tek event file for Senior events will be 15 and over however a swimmer of any age may participate in the Senior Pentathlon. Please “age-up” a swimmer younger than 15 who wants to compete in the Senior Pentathlon. If you need assistance entering a swimmer younger than 15 who wants to compete in the Senior Pentathlon, contact the Entry Chair. Fly over starts may be used. Please note: Heats/events may be combined due to time constraints, but will be awarded as separate age groups. Events may have limited number of heats to maintain session limits. Breaks may be added at the discretion of the meet director.
- Coaches Packet:** Coaches may pick up their packets at the Scoring/Records Table. Any monies owed must be paid before you can obtain your packet. Please be prepared to show your USA coach’s card or deck pass credentials at the time you pick up your team packet. Coach’s cards must be visible at all times on deck.
- Awards:**
- |                              |   |
|------------------------------|---|
| Individual:                  | 1 <sup>st</sup> – 16 <sup>th</sup> ribbons for 8 & Under, 9-10, 11-12   |
| High Point Pentathlon Awards | 1 <sup>st</sup> -3 <sup>rd</sup> medals, male and female per age group (A swimmer must compete in all five events to be eligible for the High Point Pentathlon awards. The HyTek Age Group Point system will be used to calculate the high point awards.) |
- Awards will be bagged by team and must be picked up at the conclusion meet. Awards will not be mailed after the conclusion of the meet.**
- Heat Sheets:** \$5.00—cash only (Available free at [www.sea-y.org](http://www.sea-y.org))
- Admissions:** \$5.00 per session for spectators over the age of 12—cash only.
- Food:** The RecPlex will have food and beverages available at concession areas during the meet. Coaches and officials working the meet will be provided complimentary food and drink in the hospitality room.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
  - Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.
  - Flash photography and photography from behind the starting blocks are prohibited at the start of

each race.

- Operation of a drone, or any other flying apparatus, is prohibited over the competition venue. This includes pools, athlete/coach areas, spectator areas and open ceiling locker rooms anytime athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior approval by the Program Operations Vice Chair. 103.13M/Drones.

**First Aid:** Report injuries to the Lifeguard and Meet Director. First aid kit is located at the Lifeguard stand.

**Lost & Found:** An area for lost and found will be designated at the meet. After the meet, lost and found items will be donated to charity.

**Meet Results:** A copy will be emailed to every participating team. Results will also be posted at [www.wisconsinswimming.org](http://www.wisconsinswimming.org).

**Officials:** Tracy Stouffer (st.stouffer@yahoo.com) Meet Official, Pat Lewno (plewno@gmail.com, 262-647-2913)-Admin Official.

**Swim Supplies:** Elsmore Swim Shop may be on site.

## SEAY Pentathlon November 3, 2019

### Event Order

| <b>Girls</b> | <b>Event Description</b> | <b>Boys</b> |
|--------------|--------------------------|-------------|
| 1A           | 13-14 100 Backstroke     | 2A          |
| 1B           | Senior 100 Backstroke    | 2B          |
| 3A           | 9-10 50 Backstroke       | 4A          |
| 3B           | 11-12 50 Backstroke      | 4B          |
| 5            | 8 & U 25 Backstroke      | 6           |
| 7A           | 13-14 100 Breaststroke   | 8A          |
| 7B           | Senior 100 Breaststroke  | 8B          |
| 9A           | 9-10 50 Breaststroke     | 10A         |
| 9B           | 11-12 50 Breaststroke    | 10B         |
| 11           | 8 & U 25 Breaststroke    | 12          |
| 13A          | 13-14 100 Butterfly      | 14A         |
| 13B          | Senior 100 Butterfly     | 14B         |
| 15A          | 9-10 50 Butterfly        | 16A         |
| 15B          | 11-12 50 Butterfly       | 16B         |
| 17           | 8 & Under 25 Butterfly   | 18          |
| 19A          | 13-14 100 Freestyle      | 20A         |
| 19B          | Senior 100 Freestyle     | 20B         |
| 21A          | 9-10 50 Freestyle        | 22A         |
| 21B          | 11-12 50 Freestyle       | 22B         |
| 23           | 8 & U 25 Freestyle       | 24          |
| 25A          | 13-14 200 IM             | 26A         |
| 25B          | Senior 200 IM            | 26B         |
| 27A          | 9-10 100 IM              | 28A         |
| 27B          | 11-12 100 IM             | 28B         |
| 29           | 8 & U 100 IM             | 30          |

**Waiver & Summary Entry Form**  
**(Entries will not be accepted without waiver form)**

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In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against South Eastern Aquatics – Racine Family YMCA Swim Team/Racine Family YMCA/RecPlex/WI Swimming/USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

**Make (2) copies of the entry forms:**

1. Mail/Email one copy of completed entry form, Hy-Tek entry file, plus entry fees to the entry chair.
2. Retain one copy for coaches' records.

Club Name: \_\_\_\_\_ Abbr: \_\_\_\_\_

**Signature of Club Official, Parent, or Guardian**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Entry Fee Recap:**

Total # of Individual Events in Meet: \_\_\_\_\_ x Ind. Entry Fee @ \$5.00 = \$ \_\_\_\_\_

\*Subtract Reservation Fee Already Paid – \$ \_\_\_\_\_

**(\*NOTE: Teams who over-reserved cannot use this amount to offset relay fees or splash fees)**

Number of Swimmers Entered in Meet \_\_\_\_\_ X \$3.00 ea (WI LSC Splash Fee) = \$ \_\_\_\_\_

Number of Swimmers Entered in Meet \_\_\_\_\_ X \$2.00 ea (RexPlex Facility Fee) = \$ \_\_\_\_\_

**Make Checks Payable to: "SEA"** Your Check Number Is \_\_\_\_\_ Total Entry Fee = \$ \_\_\_\_\_

**Name of coaches representing your team at meet:**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

**Contact information for team entry person (in case of entry problem):**

Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Name and address for emailing final results:**

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_