



2025 GA/SPAC Fall Series #1- Pentathlon

Hosted By:
Gwinnett Aquatics/Spartan Aquatics

October 4, 2025

Sanction #: **undefined**

Meet Director: Hugh Convery hugh@gwinnettaquatics.com (404)-863-6747	Meet Referee: Larry Norcini lnorcini@gmail.com	Admin Official: Karin Mack – karin@gwinnettaquatics.com
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc.				
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., Gwinnett Aquatics and Spartan Aquatics, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.				
FACILITY:	<p>Greater Atlanta Christian Freeman Aquatic Center 1575 Indian Trail Lilburn Road Norcross, GA 30093</p> <p>The GAC Freeman Aquatic Center is a 10 lane, 25-yard pool with Omega timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming and Georgia Swimming. The depth at the start and turn ends are in excess of 5 feet. The meet will be run in eight lanes with two lanes available for continuous warm-up and warm down.</p>				
MEDICAL SUPERVISION:	Medical supervision will be provided by Coaches present who have access to AED if necessary				
SESSION SCHEDULE:	Session #	Date	Name	Warmup	Start
	1	10/4	13&O	730a	830a
	2	10/4	12&U	No earlier than 1130a	No earlier than 1215p
MEET FORMAT:	SCY, Timed Final contested in 8 lanes (6 lanes for 8Us), Seeded slow to fast. 2 warm down lanes.				
ENTRY FEES:	<p>IND EVENT FEE: \$6.00 / event Late Entries: \$12.00 / event</p> <p>\$3.00 Ga travel surcharge applies to all Georgia LSC registered swimmers.</p>				
ELIGIBILITY:	Open to all USA-registered swimmers of Gwinnett Aquatics, Lifetime Georgia, Metro Atlanta Aquatic Club, and Spartan Aquatic Club No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> , Article 302.				
SWIMMERS WITH A DISABILITY:	Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via the NECESSARY ACCOMODATIONS FORM , which should be submitted by the entry deadline. Failure to provide advance notice may limit the host’s ability to accommodate all requests.				
ENTRIES:	Swimmers may swim a maximum of five (5) individual events per day and must do so in order to be included in awards scoring				
CHECK IN:	All events will be pre-seeded and there is no check-in.				

CLERK of COURSE:	Late entries will be taken by the clerk of course the first 30 minutes of warm-up for each session
ENTRY SUBMISSION:	<p>Submit one check payable to: Gwinnett Aquatics</p> <p>Entries must be received on or before: September 30, 2025</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
RULES:	<p>Current USA Swimming Rules will govern this meet.</p> <ul style="list-style-type: none"> • All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. • On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms. Per GA Swimming policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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 without the use of the backstroke ledge. 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. • Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
CREDENTIALS:	Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck.
OFFICIALS:	HOST CLUB welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
AWARDS:	Special T-shirt (by Age Group: 8U, 9, 10, 11, 12, 13, 14, and 15&Over) for top boy and girl pentathlon with fastest times totaled across all five events.
SCORING:	Team and individual scoring will be 9-7-6-5-4-3-2-1. Swimmers who age up during the series will also be scored in the next age group up.
CONCESSIONS:	Concession stand will be open for all sessions.
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.
GA. SCRATCH RULE:	The Georgia Swimming Scratch Rule will be in effect for this meet.

ORDER OF EVENTS

Session 1: Warm-up 7:30 am Start 8:30 am

Girls	ORDER OF EVENTS	Boys
1	13 & Over 100 Back	2
3	13 & Over 100 Butterfly	4
5	13 & Over 100 Freestyle	6
7	13 & Over 100 Breast	8
9	13 & Over 100 IM	10

Session 2: Warm-up No earlier than 11:30am Start No earlier than 12:15pm

11	8 & Under 25 Back	12
13	10 & Under 50 Back	14
15	11-12 50 Back	16
17	8 & Under 25 Butterfly	18
19	10 & Under 50 Butterfly	20
21	11-12 50 Butterfly	22
23	8 & Under 25 Freestyle	24
25	10 & Under 50 Freestyle	26
27	11-12 50 Freestyle	28
29	8 & Under 25 Breast	30
31	10 & Under 50 Breast	32
33	11-12 50 Breast	34
35	10 & Under 100 IM	36
37	11-12 100 IM	38

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Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Head Coach E-mail _____ Head Coach Cell _____

All coaches from your team must be listed and have valid USA Swimming credentials.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

Individual Event Fee	\$ x (number of events)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athletes)	= _____
	TOTAL	= _____

Submit one check payable to: Gwinnett Aquatics

Entries must be received on or before **Sept 30, 2025**

Email entries to: **hugh@gwinnettaquatics.com**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date