

**FIVE STAR TRIANGULAR PENTATHALON MEET**  
**SUNDAY, OCTOBER 31, 2004**  
**Sanction # MA 0536 CI**

**Eligibility:** This meet is open to swimmers 9 years of age and older who are registered USA Swimming members of Five Star Swim Club, Lancaster Aquatic Club, or Trident Swim Club. Swimmer's age is as of the first day of the meet.

**Site:** Lititz Community Center, 301 W. Maple St., Lititz, PA 17543; phone (717) 626-5096. 26 yards; 8 lanes with non-turbulent lane lines and Colorado Timing System with 8 lane scoreboard. The water depth at the starting end of the pool is 12 feet. Emergency calls the day of the meet may be made to 717-626-5096.

**Awards:** 1<sup>st</sup> thru 8<sup>th</sup> medals; only the 9-10 and 11-12 age groups will be scored. There will be no awards for the 13 and over age groups. To qualify for the Pentathlete award a swimmer must swim 5 different stroke events (one free, one back, one breast, one fly, and one IM). Pentathlete awards will be determined by lowest cumulative time in the swimmers respective events regardless of distance. There will be a male and female winner in 9-10 and 11-12 age groups.

**Entry Fees:** \$800 per team. All entry fees should be paid with one check payable to Five Star Swim Club. Entries are must be received by Friday, October 22, 2004.

**Officials:** Anyone wishing to volunteer or officiate, please contact Karen Shaub at (717) 626-4159. All officials and coaches on deck must wear their official USS Membership badge. Meet workers will be identified with a special badge. No other people will be allowed on deck.

**Safety:** USS and MA Swimming Rules and Warm-up Procedures will be in effect at this meet. Swimmers must be under the direct supervision of a currently registered coach. All swimmers will need to enter the pool feet first from the starting end of the pool. No racing starts or diving in lanes other than those designated for diving. Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations will cause the swimmer to be disqualified for the remainder of the meet. Safety Director for the meet is David Hagan (717) 664-2851.

**Events:** Swimmers may compete in up to five (5) events. Please note there will be no breakdown of age groups, all swimmers will be seeded by times. Scoring will be broken down by age group. All events are pre-seeded timed finals.

**Warm-up:** 8 AM until 9:15 AM. Meet starts at 9:15AM.

**Spectators:** Admission - \$3.00 per person/per day; Program - \$2.00. All spectators will view the meet from a 250 seat balcony. Parking is available on the Community Center parking lot and on adjacent school parking lots.

**Entry Information:** Entries must be received by **6:00 PM on Friday, October 22, 2004.**

Entries must be on a 3 ½ disc in a Commlink file with an accompanying hard copy. If entries are faxed or emailed, the original forms must be received by the October deadline. No late or phone entries will be accepted. Swimmers with incomplete or illegible USS numbers will be rejected. All entries must be the swimmers best times and are subject to MA penalties. If any corrections need to be made with entries, they will only be accepted from a coach or the team representative listed on the entry form. Deck entries will be accepted at the meet at director's discretion. Deck entered swimmers will compete unofficially. The times will count but will not score in the meet.

**Final Results:** A free copy will be mailed to each team represented. Additional copies may be ordered from the meet director at \$8.00 per copy. Results will be posted on the Middle Atlantic website [www.maswim.org](http://www.maswim.org)

**Mail entries to: Karen Eiding**  
10 Cordell Drive  
Stevens, PA 17578

**Questions may be directed to Karen Eiding, Meet Director keiding@ptd.net**

Directions to the pool are available on the MA Website

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Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Deck Coach: \_\_\_\_\_

Team Mailing Address: \_\_\_\_\_

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

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Person for entries: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mail Entries to: Karen Eiding  
10 Cordell Drive  
Stevens, PA 17578

All entries must be received by 6:00 PM Friday, October 22, 2004. Please make check payable to Five Star Swim Club.

Coach's Signature: \_\_\_\_\_

**This form must accompany team entries.**

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**ORDER OF EVENTS**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	Senior 100 IM	2
3	Senior 100 Butterfly	4
5	Senior 50 Freestyle	6
7	Senior 100 Backstroke	8
9	Senior 50 Breaststroke	10
11	Senior 200 IM	12
13	Senior 50 Butterfly	14
15	Senior 100 Freestyle	16
17	Senior 50 Backstroke	18
19	Senior 100 Breaststroke	20

Please note there will be no breakdown of age groups, all swimmers will be seeded by times. Scoring will be broken down by age group.