

LAKE CHAMPLAIN WAVES SWIM TEAM

2025 WINTER BLAST PENTATHLON

SATURDAY, JANUARY 25, 2025

AuSable Valley Central School

1490 Route 9N, Clintonville, NY 12924

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD25-003
Marco Greico, General Chairman.
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Lake Champlain Waves Swim Team, Inc. (WAVE-AD)

Place: AuSable Valley CSD, 1490 Route 9N, Clintonville, NY 12924
Short Course 25 Yard Pool, 6 Lanes... NO Continuous warm up pool.
Daktronics timing system, beeper, and scoreboard.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter 10' and Five (5) Meters 10' from Start End of Pool.
Depth of Pool at One (1) Meter 3'6" and Five (5) Meters 3'6" from Turn End of Pool.

Time:

	Age Groups	Warm-up	Meet Start	Positive Check-In Deadline
Session 1	All	11:00 AM	12:00 PM	By 11:30 AM

Meet Director: Jon Parks headcoach@lakechamplainwaves.org (518) 565-6080

Meet Entry Coordinator: Andy Johnson apjohnson20@gmail.com (518) 578-1996

Meet Referee: JoAnn Faucett faucettjm@aol.com (518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **January 25, 2025**.
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and emailed to the Meet Entry Coordinator.
Entries must be submitted via e-mail to: apjohnson20@gmail.com
Team entries must be received by the Meet Entry Coordinator by **Friday, January 17, 2025**.
Please be certain you receive a reply confirming receipt of your entries within 48 hours.
Swimmers may enter up to five (5) individual events in Session 1.

If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4 A 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.

USA Swimming Registration:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302

All registrations are completed using the USA Swimming Online Member Registration (OMR) system.

Refer to the AD web site, "USA-S Registrations" page for information.

Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.

Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in the meet.

AD swimmers must have Confirmed Birthdates to swim age specific events.

Legal ID must be sent to the LSC Registrar for new members or members new to AD.

Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

Positive Check-in will be required for ALL EVENTS, by the deadline shown.

Any Swimmer not checked in by the Positive Check-in Deadline will be scratched.

5-minute breaks between events may be added.

We will be using Flyover starts for this meet. Please inform your swimmers prior to the meet.

Scratches:

Swimmers who fail to Positive Check-in by the deadline will be scratched from all of their entries.

Warm-Ups:

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area.

Timers:

Clubs will be required to provide timers based upon their number of entries
Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org) and in the meet program.

Bull Pen:

Swimmers who are 10 & Under are expected to line up in the bullpen area for the 25-yard events only.

Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

1. Deck Entries are NOT Allowed during Championship Meets
2. Athletes must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable form of Proof of Registration is: Member Card from USA Swimming app
3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are subject to a \$1.00 Surcharge, per entry.

Meet Policy:

Use of Audio or Visual Recording Devices, including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.
Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.
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.
No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.
All Officials and Coaches are Required to show their USA Swimming Membership Card (from SWIMS Dashboard) prior to being on deck.
If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity, and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.
Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions. Each team is responsible for supervising its members.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Services:

Food will be on sale throughout the meet and should be eaten in the designated areas.
A meet program will be available.
Smoking is NOT permitted in the building.
Parents, Coaches, and Swimmers are not to bring glass containers of any kind into the pool area.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry Fees:

\$4.75 per individual event, which includes the \$.50 AD Travel fund surcharge plus a \$2.00 per swimmer surcharge

An entry summary sheet is included to compute your team entry fees.

ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY.

Make your entry check payable to **LAKE CHAMPLAIN WAVES SWIM TEAM** and mail your check and entry summary sheet to the **Meet Director**. Entries will be entered to the meet upon receipt of your check.

Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy. *Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.*

Awards:

Individual event ribbons will be awarded to 1st through 6th place.

A Pentathlon award will be awarded to each age group swimmer (10&Under, 11-12, and 13&Over) with the **lowest combined time for all 5 events**. To be eligible for the pentathlon awards, swimmers must swim all 5 events without disqualification.

A surprise will be awarded to **ALL** Heat Winners.

Scoring:

Individual Pentathlon scores will be determined by the total combined time for all 5 events. Swimmers must swim all 5 events without disqualification to be eligible for individual pentathlon awards.

Team scores will be completed using USA Swimming rules.

Time Trials:

Time trials are available upon request, provided there is time available, and upon the approval of the meet referee. Time trials will be conducted after Session 1. Swimmers must provide their own timers and lap counters for time trials. The Time Trial fee is \$5.00 per entry.

Officials:

There will be an Official's meeting conducted promptly 45 minutes before each session.

Attendance is MANDATORY to work the meet.

Please sign up in the Official's room before the start of the Official's meeting.

If you have any questions, please contact the Meet Director or Meet Referee listed on the first page.

Hotel Accommodations:

- [Comfort Inn & Suites Plattsburgh – Morrisonville](#)
411 State Rte. 3
Plattsburgh, NY 12901
(518) 907-4562
- [Hampton Inn & Suites Plattsburgh](#)
586 State Rte. 3
Plattsburgh, NY 12901
(518) 324-1100
- [Days Inn by Wyndham Plattsburgh](#)
406 State Rte. 3
Plattsburgh, NY 12901
(518) 561-5000
- [Best Western Plus Plattsburgh](#)
446 State Rte. 3
Plattsburgh, NY 12901
(518) 561-7750
- [La Quinta Inn & Suites by Wyndham](#)
16 Plaza Blvd.
Plattsburgh, NY 12901
(518) 562-4000

LAKE CHAMPLAIN WAVES SWIM TEAM 2025 WINTER BLAST PENTATHLON

SATURDAY, January 25, 2025
AuSable Valley Central School
Clintonville, NY

SESSION 1 – Saturday

WARM-UPS 11:00AM ... POSITIVE CHECK-IN BY 11:30AM ... SESSION BEGINS 12:00PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	10 & Under	25 Butterfly	2
3	11 - 12	50 Butterfly	4
5	13 & Over	100 Butterfly	6
5 Minute Break			
7	10 & Under	25 Backstroke	8
9	11 - 12	50 Backstroke	10
11	13 & Over	100 Backstroke	12
5 Minute Break			
13	10 & Under	25 Breaststroke	14
15	11 - 12	50 Breaststroke	16
17	13 & Over	100 Breaststroke	18
5 Minute Break			
19	10 & Under	25 Freestyle	20
21	11 - 12	50 Freestyle	22
23	13 & Over	100 Freestyle	24
5 Minute Break			
25	10 & Under	100 Individual Medley	26
27	11 - 12	100 Individual Medley	28
29	13 & Over	200 Individual Medley	30

SWIMMERS MAY ENTER A MAXIMUM OF (5) INDIVIDUAL EVENTS
\$4.75 Per Individual Event Per Athlete for ALL Athletes; \$2.00 Per Athlete Surcharge;
For Manual Entries, Add \$1.00 Per Entry

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AuSable Valley Central School
1490 Route 9N, Clintonville, NY 12924

ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Individual Entries Positive Check-in _____ X \$4.75 = \$ _____
Number of Swimmers (Surcharge) _____ X \$2.00 = \$ _____
Number of Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed \$ _____

ENTRY DEADLINE... Friday, Jan. 17, 2025

Email your entries to Andy Johnson: apjohnson20@gmail.com

MAKE CHECKS PAYABLE TO: LAKE CHAMPLAIN WAVES SWIM TEAM

This form must be returned with Entry Report and check to:

Lake Champlain Waves Swim Team, Inc.
c/o Jon Parks
24 Myers Way
Cadyville, NY 12918

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY.**

**Lake Champlain Waves Swim Team, Inc. assumes no responsibility
for meet close-out due to late entries.**