

29TH ANNUAL  
BOULDER VALLEY  
PENTATHLON



JUNE 17, 2019

## 2019 Boulder Valley Pentathlon

**What:** A pentathlon swim meet is a competition where each swimmer participates in five events: butterfly, backstroke, breaststroke, freestyle, and the individual medley.

**When:** Monday, June 17, Warm ups begin at 6:30 am and the meet will start at 8:00 am.

**Where:** The Fox Hill Club

**Ages:** Swimmers will compete in five age groups: 8 & U, 9-10, 11-12, 13-14, and 15-18.

The 8 & U age group will swim a 25 of each stroke and a 100 IM.

The 9-10 and 11-12 age groups will swim a 50 of each stroke and a 100 IM.

The 13-14 and 15-18 age groups will swim a 100 of each stroke and a 100 IM.

**Awards:** Awards will be given in the five age groups based on Lowest cumulative time for all five events.

Trophies will be given for places 1-6 and medals to places 7-12.

**Fees:** Entry fees will be \$38.00 per swimmer and will include a t-shirt.

## 2019 Boulder Valley Pentathlon

- Entries: \*All entries need to be submitted electronically  
Age (as of May 15, 2019)
- Times in Yards for each of the five events. Do NOT put NT unless you want your swimmer in the slowest heat.
  - You may submit entries by hand, however, there will be an additional fee of \$1.00 per swimmer. This money must be turned in with your entries.
  - Entries and Fees MUST be received by Tuesday, June 11
  - We will allow the first 250 swimmers with entry fees to swim in the meet. Please get your entries in on time!!!
  - Swimmers need not enter all five events. However, if they swim four or less, they are not eligible for any awards. A disqualification will automatically add 5 seconds to the swimmer's cumulative time. 8 & Us WILL be disqualified for illegal procedures.
  - Do not forget to give me t-shirt sizes for your swimmers. We will order YS, YM, YL, AS, AM, AL, and AXL

Entry Fees: Please make checks payable to **The Fox Hill Club**. Individual checks or a single check per team may be included. Entry fees must be included with the entries. There will be no refunds for swimmers who do not show.

\*\*There are entry times for the IM. Make sure your swimmers can make the cut before entering the meet.

Meet Flow: Swimmers will be expected to arrive in the heating area on time.

Missing an event means missing the opportunity for an award. Three timers will be used per lane. The middle of the three times will be used. Times are official; there are no place picks.

Workers: Every team will be responsible for providing timers and watches. After receiving the entries from each team a coach will be contacted and told how many timers they will need to provide. You will need to provide the timers for the duration of the meet. If your timers would like to trade off during the day they need to make their own arrangements for this.

Warm up lanes: Coaches will be informed of assigned lanes and warm up times prior to the meet.

Team Tents: Set up may begin at 6:00 am on Monday, June 17.  
If you would like to bring up tents the night before please contact Angie.

Concessions: A concession stand will be provided. Lunch and breakfast items will be available. There will be breakfast and lunch provided for the coaches.

Questions/Entries:

Angie Banning  
1617 Ithaca Ct.  
Longmont, CO 80503  
303-881-6290  
[albanning@hotmail.com](mailto:albanning@hotmail.com)

You may drop off entry fees at Fox Hill, bring them to my house, or mail them to me. Please just email me ahead of time, so we can figure out the easiest way for me to get the money.

## Order of Events

- 1 8 & U Boys 25 fly
- 2 8 & U Girls 25 fly
- 3 9-10 Boys 50 fly
- 4 9-10 Girls 50 fly
- 5 11-12 Boys 50 fly
- 6 11-12 Girls 50 fly
- 7 13-14 Boys 100 fly
- 8 13-14 Girls 100 fly
- 9 15-18 Boys 100 fly
- 10 15-18 Girls 100 fly
- 11 8 & U Boys 25 back
- 12 8 & U Girls 25 back
- 13 9-10 Boys 50 back
- 14 9-10 Girls 50 back
- 15 11-12 Boys 50 back
- 16 11-12 Girls 50 back
- 17 13-14 Boys 100 back
- 18 13-14 Girls 100 back
- 19 15-18 Boys 100 back
- 20 15-18 Girls 100 back
- 21 8 & U Boys 25 breast
- 22 8 & U Girls 25 breast
- 23 9-10 Boys 50 breast
- 24 9-10 Girls 50 breast
- 25 11-12 Boys 50 breast
- 26 11-12 Girls 50 breast
- 27 13-14 Boys 100 breast
- 28 13-14 Girls 100 breast
- 29 15-18 Boys 100 breast
- 30 15-18 Girls 100 breast

31	8 & U Boys 25 free	
32	8 & U Girls 25 free	
33	9-10 Boys 50 free	
34	9-10 Girls 50 free	
35	11-12 Boys 50 free	
36	11-12 Girls 50 free	
37	13-14 Boys 100 free	
38	13-14 Girls 100 free	
39	15-18 Boys 100 free	
40	15-18 Girls 100 free	
41	8 & U Boys 100 IM	entry time: 2:50.00
42	8 & U Girls 100 IM	entry time: 2:50.00
43	9-10 Boys 100 IM	entry time: 2:05.00
44	9-10 Girls 100 IM	entry time: 2:05.00
45	11-12 Boys 100 IM	entry time: 2:00.00
46	11-12 Girls 100 IM	entry time: 2:00.00
47	13-14 Boys 100 IM	
48	13-14 Girls 100 IM	
49	15-18 Boys 100 IM	
50	15-18 Girls 100 IM	