

TWENTY EIGHTH ANNUAL
DOVER AREA AQUATIC CLUB PENTATHLON
SWIMMING CHAMPIONSHIPS



JANUARY 13th, 2019



PURPOSE: The purpose of this meet is to offer a timed final championship format meet for swimmers registered in the First Capital Swim League so that they may compete against other swimmers in their current age group. Swimmers will be awarded high point trophies according to their total points scored in the five events for their age during the meet.

**Coaches Note - there are not separate events for the 6 and 7 year olds in the IM or the Butterfly and ALL 13 and 14 and 15-18 year old events will be seeded and swum together for competition. However, all swimmers will be scored and given awards according to their age as of the day of the meet.*

SITE: Dover Aquatic Center, Dover Pennsylvania: 6 lanes, 25 yard competition course. Ample parking is located beside the Aquatic Center. Competitor non-turbulent lane lines along with a complete Colorado sixteen line display board using the 6000 timing system and Hytek meet management software will be used. Live meet results will be available using the Meet Mobile App for your smart phone. A snack bar will be available during the meet in the school cafeteria.

AWARDS: The meet will be seeded and scored according to the swimmers age as of the meet date. Awards will be given to the top 12 places. Medals for first, second, and third place and custom overlay ribbons for fourth through twelfth place. High point trophies will be awarded in each age group for girls and boys.

SEEDING: The swimmers rest area and seeding area will be in the gymnasium located next to the pool. Proper footwear should be brought to walk to the pool through the school halls.

RULES: The National Federation rules will be used. 6,7,8 year old swimmers will be permitted 1 FALSE START. Please remind your swimmers that the Dover Aquatic Center is a jewelry free facility.

ELIGIBILITY: Age as of the meet date. (Coaches must include birthdate of each swimmer entering the meet!)

WARM UPS: Warm ups will be from 7:00 am to 8:50 am. There will not be designated team warm up lanes but there will be designated lanes for circle swimming, 8 and under swimmers,

one way starts, and sprints throughout the warm up period. ALL SWIMMERS MUST COMPLY WITH SAFETY RULES ENCLOSED! FEET FIRST ENTRY AT ALL TIMES UNLESS DOING STARTS IN THE DESIGNATED STARTING LANE!

ENTRIES: All entries must be e-mailed to rspanglers@doversd.org by using Hy-Tek Team Manager or Meet manager software by the entry deadline. Please make one check payable to: DOVER AREA AQUATIC CLUB for your team's entries. **Meet entries close at midnight on Sunday, January 6th, 2019.** Send your entries to the email address and a reply will be sent back stating entries were received. Any questions should be email to rspanglers@doversd.org or call Ross Spangler @ 717-676-1366. All swimmers should swim 5 events.

EMAIL ENTRIES TO:

[RSPANGLER@DOVERSD.ORG](mailto:rspanglers@doversd.org)

T-SHIRTS: Please use the pre-order form included in this entry packet for your swimmers and families to order their 2019 Pentathlon T-shirt. **Please email your TEAM TOTALS to Ross Spangler at rspanglers@doversd.org no later than 5:00 PM on Sunday, January 6, 2019.**

ENTRY FEES: \$5.00 per event.

MEET ADMISSION: \$5.00 per adult - 13 & older No charge for 12 & U
One free program will be given with admission. All heat sheets and meet results will be posted on Meet Mobile.

MAIL ENTRY FEE TO:

DAAC SWIMMING - PENTATHLON
Attention - Ross Spangler
4500 Intermediate Ave.
Dover, Pennsylvania 17315

Questions???? Email rspanglers@doversd.org
Phone: 292-8072 ext 70309

DAAC PENTATHLON SCHEDULE OF EVENTS

Girls #	Event	Boys #
1	8 & U 100 Yard IM	2
3	9 year old 100 Yard IM	4
5	10 year old 100 Yard IM	6
7	11 year old 100 Yard IM	8
9	12 year old 100 Yard IM	10
11	13 & 14 Year Old 100 Yard IM	12
13	15-18 Year Old 100 Yard IM	14
15	6 & U 25 Yard Freestyle	16
17	7 Year Old 25 Yard Freestyle	18
19	8 Year Old 25 Yard Freestyle	20
21	9 Year Old 50 Yard Freestyle	22
23	10 Year Old 50 Yard Freestyle	24
25	11 Year Old 50 Yard Freestyle	26
27	12 Year Old 50 Yard Freestyle	28
29	13 & 14 50 Year Old Yard Freestyle	30
31	15-18 50 Year Old Yard Freestyle	32
33	6 & U 25 Yard Backstroke	34
35	7 Year Old 25 Yard Backstroke	36
37	8 Year Old 25 Yard Backstroke	38
39	9 Year Old 50 Yard Backstroke	40
41	10 Year Old 50 Yard Backstroke	42
43	11 Year Old 50 Yard Backstroke	44
45	12 Year Old 50 Yard Backstroke	46
47	13 & 14 Year Old 50 Yard Backstroke	48
49	15-18 Year Old 50 Yard Backstroke	50
51	6 & U 25 Yard Breaststroke	52
53	7 Year Old 25 Yard Breaststroke	54
55	8 Year Old 25 Yard Breaststroke	56
57	9 Year Old 50 Yard Breaststroke	58
59	10 Year Old 50 Yard Breaststroke	60
61	11 Year Old 50 Yard Breaststroke	62
63	12 Year Old 50 Yard Breaststroke	64
65	13 & 14 50 Year Old Yard Breaststroke	66
67	15-18 Year Old 50 Yard Breaststroke	68
69	8 & U 25 Yard Butterfly	70
71	9 Year Old 50 Yard Butterfly	72
73	10 Year Old 50 Yard Butterfly	74
75	11 Year Old 50 Yard Butterfly	76
77	12 Year Old 50 Yard Butterfly	78
79	13 & 14 Year Old 50 Yard Butterfly	80
81	15-18 Year Old 50 Yard Butterfly	82

******Note: 6 & U, 7, and 8 year old swimmers will be permitted 1 False Start. There is NO 6&U or 7 year old IM or Butterfly event. ALL 6&U and 7 year old swimmers are to enter in events 1 or 2 and 69 or 70.**

DAAC PENTATHLON SWIMMING CHAMPIONSHIPS MANDATORY SAFETY WARM UP PROCEDURES

Coaches:

1. Coaches should start all swimmers at the starting end.
2. Coaches should remind swimmers to enter the pool by sliding into the water feet first.
3. Coaches should remind swimmers that racing starts are restricted to one-length sprints from designated starting blocks.
4. Coaches should remind backstrokers to be aware and warned of danger of swimmers leaving simultaneously with someone on the starting platform.
5. Swimmers should not be allowed on the starting blocks until the backstroker has executed his start.
6. Coaches should remind swimmers that breastrokers need more lead-time than freestyle or butterfly swimmers.
7. Coaches should stand at the starting end and verbally start swimmers for sprint or pace work.
8. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm up period.
9. Coaches have the responsibility for the supervision of their swimmers.
10. No jewelry is permitted during warm up or competition.

Instructions for use of starting blocks:

1. Use of starting blocks restricted to trained competitive swimmers with proper coach's supervision.
2. Use of starting blocks restricted to lanes designated only as sprint racing lanes.
3. Before using starting blocks, check to see that no swimmer is coming from the opposite direction in your lane.
4. Enter the water with the purpose of completing a long shallow dive when using sprint-racing lanes.
5. Always enter racing course at starting end.
6. Use of sprint lanes restricted to one length swims away from starting end.
7. For non-sprint lanes, sit down and slide into lanes feet first.

THE ABOVE PROCEDURES MUST BE FOLLOWED! THE REFEREE OR MEET SAFETY DIRECTOR DOES HAVE THE POWER TO REMOVE A SWIMMER/COACH/CLUB FROM THE MEET FOR FAILURE TO COMPLY.