

## Leaning Tower Gray Sharks Pentathlon and Relays

Sanctioned by ILSMA for USMS Inc.  
Sanction No 212\_015

Sponsored by the Gray Sharks Masters of  
Leaning Tower YMCA

**Date:** Sunday, December 2, 2012, Warmup 6:00-7:00 AM, meet starts at 7:00 AM. You may check in anytime during the meet.

**Pool:** East Pool, Leaning Tower YMCA, 6300 W. Touhy Ave, Niles, Illinois. 25 meter 4 lane pool, measured for top 10 and records, expect 79 degree water. There will be no starting blocks, either deck or water starts are allowed. Watch timing will be used. There will be an adjacent warm 25 yard pool available throughout the meet with at least one lane for warmup and cooldown.

**Format:** Each swimmer will pay a \$30 fee and get 8 tickets. Each ticket will be good for one individual event or one relay leg. The conforming "C" relays will be governed by all USMS and ILSMA rules: 4 distinct swimmers from the same team (workout group), all of same gender or 2 of each, a given swimmer may swim only one "C" relay per event. The "N", non-conforming, relays will not have these restrictions but times will not be reported to ILSMA or USMS. For example, a swimmer may swim multiple legs on one "N" relay.

**Officials:** Cara Roeseler, Marty Rink.

**Pre-Registration:** All swimmers must pre-register for the meet. All pre-registration will be taken by Club Assistant at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1987&smid=4212](https://www.clubassistant.com/club/meet_information.cfm?c=1987&smid=4212). Swimmers must be members of USMS for 2012 or 2013 (available November 1), you may join or renew USMS membership with the links available in the meet registration. Online pre-registration for the meet is open until 5 PM on December 1, the afternoon before the meet, if room is available. Swimmer pre-registration will be limited to 125 swimmers. Swimmers may NOT register for the meet on the day of the meet.

**Seeding and Timing:** All events will be self seeded at the meet fast to slow. Individual swimmers or relay teams will line up in approximate order of time and the first 4 swimmers or teams will swim, then the next until there are no more teams or swimmers who want to swim the event. All "C" relays will swim before any "N" relays and not in the same heat. There is no heat sheet and swimmers or teams can make last minute decisions on what to swim. Watch times will be written on the tickets which will be collected and sent to the results table.

### Order of Events:

- |                           |                         |
|---------------------------|-------------------------|
| 1. C, N. 400 Medley Relay | 6. 50 Breast Individual |
| 2. 50 Fly Individual      | 7. C,N 200 Medley Relay |
| 3. C,N. 200 Free Relay    | 8. 50 Free individual   |
| 4. 50 Back Individual     | 9. 100 IM individual    |
| 5. C, N. 400 Free Relay   | 10 C,N 800 Free Relay   |

**Scoring and Results:** ILSMA workout groups will receive points for each individual event swum by a member as well as for "C" relays in which all legs are swum by members of that group. Individual events will be scored 10,8,7,6,5,4,3,2,1 while relays will be scored 20, 16, 14, 12, 10, 8, 6, 4, 2, 1. Trophies will be awarded for the top 3 groups. Standard age groups will apply: for individual events men and women will be ranked separately by 5 year age groups. "A" relays will be scored in 3 categories, 4 Men, 4 Women, Mixed (2 of each gender), **because this is a meter event sum of ages will be used for relays.** "N" relays do not get team points. There will also be individual awards for the top combined time for the pentathlon in standard age groups, **age as of December 31, 2012.** The official results will include only individual and "C" relays, "N" relays will be included in unofficial results, including all swims, posted on our website, [www.graysharksmasters.com](http://www.graysharksmasters.com)

**Meet Director:** Barry Dayton, [barrydayton@att.net](mailto:barrydayton@att.net), 847-800-0984

**Web:** [www.graysharksmasters.com](http://www.graysharksmasters.com)