**5th Annual Colorado Swimming Hall of Fame**

**Pentathlon and Ironman Swim**

**Sponsored by Stan Benson, Ameriprise Financial Advisors**

**And Chris O’Sullivan, Brothers BBQ**

**Saturday, January 10, 2015 Meet Information**

**Recognition Sanctioned by USMS -**

**A Recognition sanction means that you may swim even if you do not have a USMS card.**

**FACILITY** George Washington High School, 655 South Monaco Parkway, Denver, CO

GWHS is a 6-Lane, 25-Yard competition pool. Colorado Timing Systems touch-pads and scoreboard will be used.

**TIMES** Saturday, January 10, 2014 8:00 Warm-up, 9:00 Start.  After the meet has been seeded, we will announce a warm-up and start time for the pentathlon portion of the meet. A warm-up/warm-down lane will be available at all times.

**AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44,......100+ No awards at this meet.

**ELIGIBILITY** – In an effort to INCLUDE participation and interaction with the Triathlon Community, You DO NOT have to have a USMS card to compete.  If you are a member of USMS, your times will count for State and National qualifying and records.

**ENTRIES –** Please copy this form and mail to **Andrew Harbuck at: PO Box 167, Kittredge, CO 80457 Deadline for entries is Wed. Jan 7**

No Deck entries will be allowed.

Meet Directors:  Andrew Harbuck

Andrew Phone. (484) 843-4314 E-mail (Preferred) CoachAndrew@Swimdogs.com

Additional contact Stan Benson- Phone (720) 231-1400 E-mail  Sbenson7@msn.com

**ENTRY FEES -** Flat Fee of $30.00 for up to 6 events during the pentathlon, but most will either swim 50’s and the 100 IM or 100’s and the 200 IM.  The 500 free will be an additional $3.00

**The after party will be hosted by Brothers BBQ on deck, thirty minutes  after Event # 20 by Stan Benson, Ameriprise Financial Advisors and Chris O'Sullivan, Brothers BBQ**

**Proceeds will fund the Colorado Swimming Hall of Fame Additional contributions are Tax Deductible.**

**Entry Form Colorado Swimming Hall of Fame Pentathlon**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_**

**DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**USMS NUMBER (if you have one)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email-for updates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please enclose $30 Entry Fee (payable to Swimdogs) for up to 6 events.**

**500 Free is a bonus event. Please include an additional $3.00 for the 500.**

**Additional contribution for Colorado Swimming Hall of Fame (Tax Deductible)**

**$\_\_\_\_\_\_\_\_\_\_\_\_**

**Please use form to enter seed times.**

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| --- | --- | --- | --- | --- |
| **Seed Time**  | **Women Event #**  | **Event**  | **Men Event #**  | **Seed Time**  |
|   | 1  | 100 IM  | 2  |   |
|   | 3  | 100 Fly  | 4  |   |
|   | 5  | 50 Free  | 6  |   |
|   | 7  | 100 Back  | 8  |   |
|   | 9  | 50 Breast  | 10  |   |
|   | 11  | 100 Breast  | 12  |   |
|   | 13  | 50 Back  | 14  |   |
|   | 15  | 100 Free  | 16  |   |
|   | 17  | 50 Fly  | 18  |   |
|   | 19  | 200 IM  | 20  |   |
|   | 21  | 500 Free  | 22  |   |