**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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |  |