

**Lake Stevens Masters
Lake Stevens Pentathlon
Sunday, March 18, 2018**

**Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S003**

LOCATION: Lake Stevens High School Pool, 2908 113th Ave NE, Lake Stevens, WA 98258

FACILITY: 25yd pool, 6 lanes, no separate warm-up area. Temp 83°F
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

TIMING SYSTEM: The primary timing system will be automatic timing (Daktronics). Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Erik Petersen,
erik_petersen@lkstevens.wednet.edu, (425) 583-1871

MEET REFEREE: Heather Brennan, heatherbrennan11@gmail.com,
(360) 770-6185

CONCESSIONS: No

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 03/18/2018. Age groups based on the swimmer's age as of 03/18/2018.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, March 8, 2018 or online by 11:59 PM (Pacific) Tuesday, March 13, 2018. NO race day entries accepted.

PENTATHLON:

- This meet offers two pentathlons:
 - Short-50y strokes and 100y IM
 - Long-100y strokes and 200y IM.
- Scoring for the Pentathlons will be based on total time for the five events of each Pentathlon by age-group and gender.
- DQs will be assessed a time penalty of 5 seconds per 50 yards. A DQ will not eliminate a swimmer from the Pentathlon scoring.
- Swimming 5 events is not required to participate in the meet
- Swimming all 5 events of the Short or Long Pentathlon is required to earn a total time score for the Short or Long Pentathlon

SEEDING: All events seeded slow to fast, age group and sexes mixed.
Pre-seeding.

CHECK-IN: No positive check-in required.

RELAYS: No relays available.

AWARDS: PNA medals available for purchase at meet

Order of Events

#	EVENT	#	EVENT
1	50 Fly	6	100 Breast
2	100 Fly	7	50 Free
3	50 Back	8	100 Free
4	100 Back	15 Minute Break	
10 Minute Break		9	100 IM
5	50 Breast	10	200 IM

All events are Mixed

ENTRY FEES: \$16 PLUS \$2 per individual event.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&s=mid=9525

PAPER ENTRIES: Make checks payable to **Lake Stevens School District** and mail to: **Lake Stevens High School Pool, 2908 113th Ave NE Lake Stevens, WA 98258.**

DIRECTIONS: The pool is located at the high school in the student parking lot directly across from the tennis courts. **From Highway 9:** East on highway 92. Turn right onto 113th Ave. NE. Go straight to the third stop sign. Take a left. Turn right into the Lake Stevens High School student parking lot. **From Granite Falls:** West on highway 92. Turn left onto 113th Ave. NE. Go straight to the third stop sign. Take a left. Turn right into the Lake Stevens High School student parking lot. **From I-5:** East on US 2 to Lake Stevens. Left on Hwy 204 to Frontier Village. Take a left on Hwy9 going North. Go East on highway 92 for 1.5 miles. Turn right onto 113th Ave NE. Go straight to the third stop sign. Take a left. Turn right into the Lake Stevens High School student parking lot.

ENTRY QUESTIONS: Contact Meet Director Erik Petersen