

**2010 East Valley Pentathlon Plus
Swimming Meet
Short Course Yards
February 13, 2010**

Meet Director: Laura Smith

Sanction: Held under the sanction of U.S. Masters Swimming and the Local Masters Swim Committee of Arizona, sanction #4810-0005.

Facility: Competition will be held at The Kino Aquatic Center at 848 North Horne in Mesa, AZ. The facility is an outdoor 25 yard course, 8 lane pool operated at 80 F with non-turbulent lane lines and electronic timing. There will be separate lanes available for warm-up and loosen-down during the actual meet.

Parking: Spaces are available during the meet at no charge in the parking lot adjacent to the aquatic complex.

Eligibility: Open to all registered Masters Swimmers holding a valid 2010 USMS Card. For further information on registration contact Rayann Renolds at rayannazregistrar@yahoo.com.

Rules: 2010 USMS rules apply. All events are timed finals. There is a limit of five (5) individual events. Swimmers are encouraged to swim the Pentathlon, one event of each of the following; fly, back, breast, free and IM. Your age as of February 13, 2010 determines your age group for the meet.

Entries/ Fees: Entries must be received by February 6, 2010 Late entries will not be accepted. There is a \$25.00 fee. Please use the new Arizona Consolidated entry card for this method. Fill it out completely and be sure to enter seed times for all the events that you wish to swim. You must also send a copy of your USMS registration card. There will be no deck entries.

Make checks out to Sol Mates. Mail your entry card, check and photocopy of your USMS Card to:

Laura Smith
1957 East Fairmont Drive
Tempe, Arizona 85282
480.820.2463
Laura.smith.tpa@gmail.com

If you need an Arizona Consolidated entry card, go to www.azlmsc.org and look under forms.

There will be an option to enter on-line at Active.com. Swimmers are encouraged to enter on-line. Please check www.mesamasters.com for details as they are available.

Seeding: All events will be pre-seeded (women & men swim together) by time, slowest to fastest.

Long Distance Events: Positive check-in for the 1000 free is required by 8:30 AM on the day of the meet.

Results: During the meet, if time is willing, results will be posted. At the conclusion of the meet, results will be listed at www.azlmsc.org and www.mesamasters.com.

Order of Events

Saturday - Warm-up at 8:00 am and the meet begins at 9:00 am There will be a 30 minute break between the 1000 free and the 50 fly. Warm-up in the main 25 yard course will be allowed.

Event Order			
1	Mixed	1000	Free
			30 minute break
2	Mixed	50	Fly
3	Mixed	100	Fly
4	Mixed	50	Back
5	Mixed	100	Back
6	Mixed	50	Breast
7	Mixed	100	Breast
8	Mixed	50	Free
9	Mixed	100	Free
10	Mixed	100	IM
11	Mixed	200	IM