

**Los Alamos Aquatomics
Pentathlon Invitational
September 18, 2010
Larry R. Walkup Aquatic Center
2760 Canyon Rd.
Los Alamos, NM 87544
(505) 662-8170**

- Sponsor: Los Alamos Aquatomics Swim Team (LAA)
- Location: Larry R. Walkup Aquatic Center; 2760 Canyon Rd. (at Central Ave.); Los Alamos, NM 87544
(505) 662-8170
- Elevation: 7227 ft.
- Sanction #: Held under sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.
Sanction #: **NMS11101**
- Format: 1) The LAA Pentathlon Invitational is a one session timed final pre-seeded short course (25 yard)
meet, with no time standard requirements.
2) All lanes will be pre-assigned and published in the meet program.
3) At the discretion of the officiating staff, fly over starts may be used in the operation of this meet.
- Disclaimer: USA Swimming, Inc., New Mexico Swimming, Inc., The Los Alamos Aquatomics Swim Team,
The County of Los Alamos, The Larry Walkup Aquatic Center and all meet officials shall be held
free from liabilities or claims for damages arising by reason of injuries to anyone during the
conduct of this meet.
- Venue: The LAA Pentathlon Invitational will be held within the walled confines of the Larry R. Walkup
Aquatic Center. There are separate male and female locker rooms with rest room facilities. The
venue is accessible to people with disabilities. The following equipment and areas are strictly off
limits: diving boards, recreational equipment, the therapy pool and the unisex locker room
adjacent to the therapy pool.
- Facility: Indoor, 8 lane, 25 yard pool with contiguous dressing rooms, and a Colorado Timing/Starting
system with an eight lane scoreboard display.
- Directions: Going west into Los Alamos on NM 502, take the right fork at the Best Western Hilltop House
Hotel onto Central Avenue. Continue on Central Avenue until it intersects with Canyon Road. The
Larry Walkup Aquatic Center is the large green roof facility on the north-west side of the junction
between Central Avenue and Canyon Road.
- Parking: Parking is available in the Larry R. Walkup Aquatic Center parking lot. **PARKING IS NOT
ALLOWED ON CANYON ROAD OR OBSTRUCTING THE DRIVEWAY TO THE WEST OF
THE AQUATIC CENTER PARKING LOT. CARS PARKED IN THESE AREAS WILL BE
TICKETED AND TOWED. DO NOT USE THE CHURCH LOT AT ANY TIME. TEAM
BUSSES OR OVERSIZED VEHICLES ARE REQUIRED TO NOT USE THE AQUATIC
CENTER PARKING LOT. AMPLE PARKING AND MANEUVERING SPACE IS
AVAILABLE AT THE HIGH SCHOOL PARKING LOTS THREE BLOCKS WEST OF THE
AQUATIC CENTER.**
- Meet Director: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066,
swimrefbob@gmail.com

Meet Referee: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066,

Eligibility: Competitors must be current registered (2010 or 2011) members of USA Swimming. Swimmers are restricted to Five (5) individual events. Any violation of these entry limit restrictions will result in disqualification from the meet. Swimmers may swim in only one age group per event. Swimmer's age as of September 18, 2010 shall be used to determine the age group for competition. Swimmers should be prepared to provide proof of valid USA Swimming membership as a registered athlete if required. It is a violation of USA Swimming rules to enter an unregistered swimmer and such an entry could result in a fine. A USA Swimming membership affidavit **MUST BE SIGNED** by the athlete or their representative coach **AND RETURNED ALONG WITH TEAM ENTRIES**. **There will be no on deck registrations for this swim meet.**

Entries: Please submit all entries on the entry forms attached. One form is required for each participating swimmer. One team entry form is required for all participating teams. All teams submitting more than 8 individual entries must additionally provide entries on HYTEK entry CD (email preferred) or pay a surcharge of \$50.00. **Individual entries from families belonging to a registered team in New Mexico that sum up to the 8 individual entries limit will be treated as a team and the surcharge will be assessed for manual entries whether or not the team sends a coach or sanctions attendance as a team.** As a backup – hard copy of the meet entry should also be mailed to the contact representative noted below by the date and time indicated for meet entries to be guaranteed included. Teams with less than 8 entries may request that entries be entered manually. If possible, send the entries as an email attachment to the "Mail Entry" person listed on the next page. All entered times should be "sea level" equivalent. Times achieved at altitudes listed below should be adjusted (i.e. lowered) according to the following guidance:

Distance	-	3000 - 4250 Ft.	4251 - 6500 Ft.	Above 6500 Ft.
200	-	.50 seconds	1.20 seconds	1.60 seconds
400	-	2.5 seconds	5.0 seconds	7.0 seconds
800	-	5.0seconds	10.0 seconds	15.0 seconds
1500	-	11.0 seconds	23.0 seconds	32.5 seconds

Entry Limit: There is a 200 swimmer entry limit for this meet

Entry Fees: Individual events: \$2.50 per event
NMS Surcharge: \$3.00 per swimmer
Pool Surcharge: \$3.00 per swimmer

Deck Entries: \$5.00 per individual event. Deck entries must adhere to a swimmer's number of individual events restrictions. Deck entries will be accepted on a first come first served basis. Deck entries will only be accepted where empty lanes are available in an event. New heats will not be created for deck entries.

If a swimmer has not entered the meet prior to deck entry,
1) A valid USA Swimming registration must be presented to Clerk of Course,
2) All meet fees must be paid in addition to any applicable deck entry fees (\$3.00 NM surcharge and \$3.00 pool surcharge)
There will be no on deck registrations for this swim meet.

Entry Deadline: **Individual entry forms and/or a HY-TEK entry CD with printed hard copy, Team Entry Form, USA Swimming Membership Affidavit and entry fees must be postmarked by Wednesday September 8, 2010. Please make team checks payable to LAA**

Mail Entries: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066,
swimrefbob@gmail.com

Scoring: No Awards will be given. Scores will be kept for informational purposes only.

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- Check-In: No positive check in required.
- Scratches: Swimmers are not required to scratch from an event in which they are entered, but do not intend to compete.
- Rules: Current USA Swimming and NMS rules will govern this meet.
- Swimwear: All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No fasteners, other than drawstrings are allowed.
- Warm-up: NMS mandatory warm-up procedures will be in effect during warm-up times. All swimmers must be supervised by a coach member of USA Swimming during all warm-up sessions. Swimmers without a USA Swimming certified coach need to report to the meet referee.
- Restrictions: The City of Los Alamos, The County of Los Alamos prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating and in all areas used by swimmers during the course of this meet. No glass containers will be allowed anywhere inside the Larry R. Walkup Aquatic Center.
- Concessions: Concessions and swim gear will **NOT** be available throughout the meet.
- Officials: Referees, starters and stroke & turn officials will be USA registered and certified. Any additional volunteer workers will be welcomed -- please contact the meet referee Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066, swimrefbob@gmail.com
- Special Note: 1) A brief coaches meeting may be held 10 minutes prior to the start of the session
2) Current coaching credentials must be displayed at all times.

Session I - Saturday, July 10, 2010

Warm-ups: 10:30 AM

Meet start time: 11:15 AM.

Event #	Event description
1	Mixed 25 yard Freestyle
2	Mixed 50 yard Freestyle
3	Mixed 100 yard Freestyle
	Break 5-10 min
4	Mixed 25 yard Backstroke
5	Mixed 50 yard Backstroke
6	Mixed 100 yard Backstroke
	Break 5-10 min
7	Mixed 25 yard Breaststroke
8	Mixed 50 yard Breaststroke
9	Mixed 100 yard Breaststroke
	Break 5-10 min
10	Mixed 25 yard Fly
11	Mixed 50 yard Fly
12	Mixed 100 yard Fly
	Break 5-10 min
13	Mixed 100 yard IM
14	Mixed 200 yard IM

Individual Entry Form

Swimmers Name: _____

Team Name: _____ Code: _____

USA#: _____ Sex: _____ Age: _____

Event #	Circle Event Distance	Circle Stroke	Entry Time
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
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	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	

Total Number of Events: _____ x \$2.50 = \$ _____
NMS Surcharge: 3.00 \$3.00
Pool Usage Fee: 3.00 \$3.00

Total Fees due: \$ _____

Team Entry Form

Total Number of Entries _____ x \$2.50 \$ _____

Total Number of Swimmers _____ x \$6.00 \$ _____

Total Amount Due \$ _____

Please make checks payable to LAA

Team Representative to whom the meet results are to be sent:

Name: _____

Address: _____

Phone No.: _____

Email Address: _____

I, the undersigned, state with this affidavit that all athletes entered in this meet under my team are currently registered with USA Swimming.

(Coach or Team Registrar)

(Date)