

31ST ANNUAL  
BOULDER VALLEY  
PENTATHLON



JUNE 19, 2023

## 2023 Boulder Valley Pentathlon

**What:** A pentathlon swim meet is a competition where each swimmer participates in five events: butterfly, backstroke, breaststroke, freestyle, and the individual medley.

**When:** Monday, June 19, Warm ups begin at 6:30 am and the meet will start at 8:00 am.

**Where:** The Fox Hill Club

**Ages:** Swimmers will compete in five age groups: 8 & U, 9-10, 11-12, 13-14, and 15-18.

The 8 & U age group will swim a 25 of each stroke and a 100 IM.

The 9-10 and 11-12 age groups will swim a 50 of each stroke and a 100 IM.

The 13-14 and 15-18 age groups will swim a 100 of each stroke and a 100 IM.

**Awards:** Awards will be given in the five age groups based on Lowest cumulative time for all five events.

Trophies will be given for places 1-6 and medals to places 7-12.

**Fees:** Entry fees will be \$44.00 per swimmer and will include a t-shirt and access to a digital heat sheet that will be sent out to all coaches to distribute to your families.

## 2023 Boulder Valley Pentathlon

- Entries: \*All entries need to be submitted electronically  
Age (as of May 15, 2023)
- Times in Yards for each of the five events. Do NOT put NT unless you want your swimmer in the slowest heat.
  - You may submit entries by hand, however, there will be an additional fee of \$1.00 per swimmer. This money must be turned in with your entries.
  - I need to know your t-shirt sizes and numbers by June 5<sup>th</sup> at 11:00 AM. I know this is way before your entries are due, but things have changed in the t-shirt business and this is when my vendor needs the numbers to assure we have them by the Pentathlon. I will order 5 extras of every size to help alleviate kids who sign up later from not getting t-shirts.
  - Entries and Fees MUST be received by Wednesday, June 14
  - We will allow the first 250 swimmers with entry fees to swim in the meet. Please get your entries in on time!!!
  - Swimmers need not enter all five events. However, if they swim four or less, they are not eligible for any awards. A disqualification will automatically add 5 seconds to the swimmer's cumulative time. 8 & Us WILL be disqualified for illegal procedures.
  - Do not forget to give me t-shirt sizes for your swimmers. We will order YS, YM, YL, AS, AM, AL, and AXL

Entry Fees: Please make checks payable to **The Fox Hill Club**. Individual checks or a single check per team may be included. Entry fees must be included with the entries. There will be no refunds for swimmers who do not show.

Mail the entry fee checks to Angie Banning or make arrangements to bring them to Longmont prior to the meet.

**\*\*We are not having entry times for the IM, but PLEASE only enter swimmers who are legal in all four strokes.**

**Meet Flow:** Swimmers will be expected to arrive in the heating area on time.

Missing an event means missing the opportunity for an award. Three timers will be used per lane. The middle of the three times will be used. Times are official; there are no place picks.

**Workers:** Every team will be responsible for providing timers and watches. After receiving the entries from each team a coach will be contacted and told how many timers they will need to provide. You will need to provide the timers for the duration of the meet. If your timers would like to trade off during the day they need to make their own arrangements for this.

**Warm up lanes:** Coaches will be informed of assigned lanes and warm up times prior to the meet.

**Team Tents:** Set up may begin at 6:00 am on Monday, June 19. If you would like to bring up tents the night before please contact Angie.

**Concessions:** A concession stand will be provided. Lunch and breakfast items will be available. There will be breakfast or lunch provided for the coaches. We will also have a table with fruit, bars, and other snack items for coaches.

**Questions/Entries:**

Angie Banning  
1617 Ithaca Ct.  
Longmont, CO 80503  
303-881-6290  
[albanning@hotmail.com](mailto:albanning@hotmail.com)