

**34th Annual
Boulder Valley
Pentathlon**



June 22, 2026

2026 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 22, 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 for places 7-12.
- Fees:** Entry fees will be \$47.00 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.

Entries:

- Entry times should be in Yards for each of the five events. N.T. will be seated in the slowest heat.
- To make sure we get the T-shirts in time for the meet, I will need a count of each size that your team will require by **June 8th** 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 extras of every size to make sure kids that sign up late will get a t-shirt.
Available sizes: YS, YM, YL, AS, AM, AL, and AXL
- Entries and Fees **MUST** be received by Wednesday, **June 17th**
- We will allow the first 250 swimmers with entry fees to swim in the meet. Space permitted, late entries will be charged \$10 per athlete.
- 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&U's will be disqualified for illegal procedures.

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 Marie Huff or make arrangement's with Marie to bring them to Longmont prior to the meet.

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

Meet Flow: Swimmers will be expected to report to the heating area on time. 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 all the entries, I will let you know how many timers
your team will be required to supply for the duration of the meet.

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 22.
If you would like to bring up tents the night before the meet,
please contact Marie.

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 snacks available for the coaches.

Questions/Entries:

Marie Huff
2417 Redwood Ct.
Longmont, CO 80503
720-352-0453
foxhillswim@gmail.com