


Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.

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|  | <u>2025 GA/SPAC Fall Series #1- Pentathlon</u> Hereafter known as “Host Clubs” <i>October 4, 2025</i> |
| SANCTION: ATTESTATION: | Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #: GA25- Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision. In applying for this sanctioned event, the “Host Club” agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction. |
| LIABILITY: | In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and “Host Club,” shall be free and held harmless from any liabilities or claims for damages or illnesses arising by reason of injuries to anyone during the conduct of the event. |
| MAAPP: Minor Athlete Abuse Prevention Policy | This meet will adhere to the current Minor Athlete Abuse Prevention Policy (“MAAPP”) set forth by USA Swimming. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”). All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy. All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP. As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP. |
| ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE | Effective September 1, 2022 , there will NO longer be a 30-day administrative grace period. Going forward, ANY 17-year-old athlete who has not completed the APT requirements by their 18 th birthday WILL NOT be a USA Swimming member in good standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18 th birthday as well as a reminder on their 18 th birthday. ALL I+USA Swimming members aged 18 years old and older are required to complete APT annually. This is the individual’s responsibility and includes both athlete and non-athlete members. |
| REPORT DISCRIMINATION: | The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate: Michelle |

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| D, E, & I = Reference / Informational Section | <p>Steinfeld, msteinfeld@usaswimming.org. Please provide a complete description of the incident as well as a way to contact you and/or other parties involved.</p> <p>For more information refer to gaswimming.org/diversity.</p> <p>Starting on September 1, 2022, USA Swimming members can submit anonymously or on the record through plain text messaging at 888-270-SWIM (7946).</p> <p>Georgia Swimming LSC: D, E, & I (teamunify.com)</p> |
| Swimmers with a Disability: | <p>Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. Coaches with swimmers with a disability (swads) competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet.</p> <p>Coaches may use the Necessary Accommodation Form to satisfy this requirement.</p> |
| MEET DIRECTOR: | Hugh Convery – hugh@gwinnettaquatics.com - (404)-863-6747 |
| MEET REFEREE: | |
| STARTER: | |
| STROKE AND TURN #1: | |
| STROKE AND TURN #2: | |
| ADMIN OFFICIAL: | Karin Mack – karin@gwinnettaquatics.com |
| MARSHALL #1: - FEMALE | Caitlin Martin |
| MARSHALL #2: - MALE | Jacy MacConvery |
| FACILITY: | <p>Greater Atlanta Christian Freeman Aquatic Center 1575 Indian Trail Lilburn Road Norcross, GA 30093</p> <p>The GAC Freeman Aquatic Center is a 10 lane, 25-yard pool with Omega timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming and Georgia Swimming. The depth at the start and turn ends are in excess of 5 feet. The meet will be run in eight lanes with two lanes available for continuous warm-up and warm down.</p> |
| MEDICAL SUPERVISION: | Medical supervision will be provided by Coaches present who have access to AED if necessary. |
| SCHEDULE: | <p>Session 1 13&O Warmups: 7:30am Start: 8:30am</p> <p>Session 2 12&U Warmups: 12:15pm Start: 1:00pm</p> |
| MEET FORMAT: | SCY, Timed Final contested in 8 lanes (6 lanes for 8Us), Seeded slow to fast. 2 warm down lanes. |
| ENTRY FEES: | <p>IND EVENT FEE: \$6.00 / event</p> <p>Late Entries: \$12.00 / event</p> <p>\$3.00 Ga travel surcharge applies to all Georgia LSC registered swimmers.</p> |
| ELIGIBILITY: | Open to all USA-registered swimmers of Gwinnett Aquatics, Lifetime Georgia, Metro Atlanta Aquatic Club, and Spartan Aquatic Club. This meet will be conducted as defined above. All 2025 swimmers registered with USA Swimming and/or their respective World Aquatics Federation, in good standing with their local national federation, will be allowed to compete. |

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| | All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their World Aquatics affiliated federation. "Host Club" will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. |
| ENTRIES: | Swimmers may swim a maximum of five (5) individual events per day and must do so in order to be included in awards scoring |
| CHECK IN: | All events will be pre-seeded and there is no check-in. |
| CLERK of COURSE: | Late entries will be taken by the clerk of course the first 30 minutes of warm-up for each session. |
| ENTRY SUBMISSION: | <p>Submit one check payable to: Gwinnett Aquatics</p> <p>Entries must be received on or before: September 30, 2025</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p> |
| RULES: | <p>Current USA Swimming Rules will govern this meet.</p> <p><u>Tech Suit Restrictions for 12-and-Under Swimmers</u> (Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.) This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.</p> <p>Any swimmer entered in the meet, must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Deck changes are prohibited. (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p> <p>On deck registrations will not be permitted during this event.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program & Events Committee Chair, or designee.</p> |

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| | <p>All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other World Aquatics-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.</p> <p>Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p> |
| USA SWIMMING MEMBER VERIFICATION: | As of September 2022, Deck Pass and Deck Pass Plus are no longer available. To access USA Swimming member benefits, including your USA Swimming member card, download the USA Swimming app. Present this card to verify your USA-S and GA LSC credentials are in good standing. |
| COACHES: COACHES MEETING: | Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA-S and their respective LSC. None |
| OFFICIALS: | "Host Club" welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 30 mins prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality. |
| MEET COMMITTEE / MEET JURY: | The Meet Committee / Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, 2 Coaches, and 1 athlete member, as appropriate. As defined in the Official Glossary (2025 USA Swimming Rulebook) |
| AWARDS: | Special T-shirt (by Age Group: 8U, 9, 10, 11, 12, 13, 14, and 15&Over) for top boy and girl pentathlon swimmers with fastest times totaled across all five events. |
| SCORING: | Team and individual scoring will be 9-7-6-5-4-3-2-1. Swimmers who age up during the series will also be scored in the next age group up. |
| CONCESSIONS: | Concession stand will be open for all sessions. |
| GEORGIA WARM-UP POLICY: | The Georgia Swimming approved warm-up guidelines will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities. |
| GA. SCRATCH RULE: | Georgia Swimming Scratch Rule |

ORDER OF EVENTS

Session 1: Warm-up 7:30 am Start 8:30 am

| Girls | ORDER OF EVENTS | Boys |
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| 1 | 13 & Over 100 Back | 2 |
| 3 | 13 & Over 100 Butterfly | 4 |
| 5 | 13 & Over 100 Freestyle | 6 |
| 7 | 13 & Over 100 Breast | 8 |
| 9 | 13 & Over 100 IM | 10 |

Session 2: Warm-up 12:15 pm Start 1:00 pm

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| 11 | 8 & Under 25 Back | 12 |
| 13 | 10 & Under 50 Back | 14 |
| 15 | 11-12 50 Back | 16 |
| 17 | 8 & Under 25 Butterfly | 18 |
| 19 | 10 & Under 50 Butterfly | 20 |
| 21 | 11-12 50 Butterfly | 22 |
| 23 | 8 & Under 25 Freestyle | 24 |
| 25 | 10 & Under 50 Freestyle | 26 |
| 27 | 11-12 50 Freestyle | 28 |
| 29 | 8 & Under 25 Breast | 30 |
| 31 | 10 & Under 50 Breast | 32 |
| 33 | 11-12 50 Breast | 34 |
| 35 | 10 & Under 100 IM | 36 |
| 37 | 11-12 100 IM | 38 |

Gwinnett Aquatics/Spartan Aquatics 2025 Fall Series #1 - Pentathlon

October 4, 2025

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Head Coach E-mail _____ Head Coach Cell _____

All coaches from your team must be listed and have valid USA Swimming credentials.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

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| Event Fee | \$6.00 x (number of entries) | = _____ |
| GA LSC Travel Fund | \$3.00 x (number of athlete) | = _____ |
| Non-GA LSC registered athletes | \$6.00 x (number of athlete) | = _____ |
| | TOTAL | = _____ |

Submit one check payable to: Gwinnett Aquatics

Entries must be received on or before **Sept 30, 2025**

Email entries to: **hugh@gwinnettaquatics.com**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date