

2024 Rob Curry Pancake Pentathlon



Saturday, September 21, 2024
Lake Gators Swim Club
Swim Meet Registration



2024 ROB CURRY PANCAKE PENTATHLON

Hosted by:



and



This annual event is an homage to Rob Curry, who passed away unexpectedly in May 2024. Rob Curry was very active in Swim Out since its inception in 2019, and was the very first person to join it after its founder. He was also the first person to compete as a Swim Out competitor, became a coach, and was the president of the club since 2023. He was also an active member of the LGBTQIA+ community, a member and friend of many local Orlando groups. Above all, he was a great friend to those who knew him, who will be missed, and we can't think of a better way to honor him than to continue his legacy with this event.

Short-Course Yards Meet

Sanctioned by the Florida LMSC for USMS, Inc.

DATE & TIME: Saturday, September 21, 2024. Warm-up 9:00 am ET; 10:00 am Start

FACILITY: National Training Center pool, 1935 Don Wickham Dr., Clermont, FL 34711 - Outdoor, 25-yard lengths (SCY). There will be 6 competition lanes and additional lanes for warm-up/cool-down. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for USMS record and USMS Top 10 consideration.

ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older, and be currently-registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body. All persons holding a 2024 United States

Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate. USMS membership link: <https://www.usms.org/join>

AGE-DETERMINING DATE: The swimmer's age group is determined by their age on the last day of the meet. Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments.

ENTRIES and DEADLINES: Meet entry fee is \$45.00. Late entries or deck entries will NOT be accepted. NO paper entries accepted (online only).

WEB ENTRY: Entry deadline is **Tuesday, September 17 at 11:59pm ET.**

Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=2686&smid=18843

ENTRY LIMITS: The maximum number of events per day that a participant may enter is five (5).

Pentathlons:

Sprint Class: Events # 1, 4, 7, 10, & 13

Middle Distance Class: Events # 2, 5, 8, 11, & 14

Endurance Class: Events # 3, 6, 9, 12, & 15

Note: You do not have to swim a pentathlon; it is ok to mix and match individual events.

Session 1: Butterfly

#01 50 Butterfly < Sprint Class

#02 100 Butterfly < Middle Distance Class

#03 200 Butterfly < Endurance Class

Session 2: Backstroke

#04 50 Backstroke < Sprint Class

#05 100 Backstroke < Middle Distance Class

#06 200 Backstroke < Endurance Class

Session 3: Breaststroke

#07 50 Breaststroke < Sprint Class

#08 100 Breaststroke < Middle Distance Class

#09 200 Breaststroke < Endurance Class

Session 4: Freestyle

#10 50 Freestyle < Sprint Class

#11 100 Freestyle < Middle Distance Class

#12 200 Freestyle < Endurance Class

Session 5: Individual Medley

#13 100 Individual Medley < Sprint Class

#14 200 Individual Medley < Middle Distance Class

#15 400 Individual Medley < Endurance Class

Session 6: Relays (Exhibition Only)

#16 4 x 50 Freestyle Relay

#17 4 x 50 Medley Relay

SEEDING: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.

PANCAKES: Served complimentary to participants & guests throughout the meet by volunteers.

AWARDS: Swim all 5 events in a pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Endurance: 200 each stroke & 400 IM) without disqualification to be eligible for an award given to the swimmer with the lowest 5-event total time in each gender, age group, & pentathlon distance class.

Seeding & Check-In: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.

SPLIT REQUESTS: Split requests may be requested in writing by the swimmer per USMS rules noted on the USMS split notification form. Times will be taken from the automatic (primary) timing system where available. Split request forms must be submitted to the Meet Referee by the end of the meet, except for backstroke split requests which must be submitted PRIOR to the swim.

RELAYS: Two (2) exhibition relays will take place as the final two events. Note these are exhibition only and will not be recorded by USMS.

HEAT SHEET: Will be posted at the meet and will also be available at swimout.org and lakegators.com

HOST HOTEL: [Home2Suites by Hilton Clermont](#) (click for special rates)

MEET DIRECTORS:

Cindi Wood, Lake Gators Swim Club, CoachCindi@lakegators.com

Joe Clauson, Swim Out, joe@swimout.org

Meet Referee: Mike Whaley

Meet Admin: Quinn Sampson, [Accurate Swim Timing](#)

Meet Course: 25 Yards

Session 1 - Butterfly

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

#	Sex	Event
1	Mixed	50 Y Fly
2	Mixed	100 Y Fly
3	Mixed	200 Y Fly

Session 2 - Backstroke

#	Sex	Event
4	Mixed	50 Y Back
5	Mixed	100 Y Back
6	Mixed	200 Y Back

Session 3 - Breaststroke

#	Sex	Event
7	Mixed	50 Y Breast
8	Mixed	100 Y Breast
9	Mixed	200 Y Breast

Session 4 - Freestyle

#	Sex	Event
10	Mixed	50 Y Free
11	Mixed	100 Y Free
12	Mixed	200 Y Free

Session 5 - Individual Medley

#	Sex	Event
13	Mixed	100 Y IM
14	Mixed	200 Y IM
15	Mixed	400 Y IM

Session 6 - Relays (Exhibition)

#	Sex	Event
16	Mixed	200 Y Free Relay
17	Mixed	200 Y Medley Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "LAKE GATORS SWIM TEAM."