

Sarpy County Swim Club Masters

SCSC Masters Pancake Pentathlon

Sunday, September 22, 2024

Short Course Yards (SCY)

Sanctioned by Nebraska Masters Swimming LMSC for USMS, Inc.

- SANCTION:** Sanctioned by Nebraska Masters Swimming LMSC for USMS, Inc.
- LOCATION:** Papillion-La Vista High School – Use southeast pool entrance
303 E Cary St., Papillion NE 68046
- POOL:**
- Indoor 6 lane pool with warm down area and spectator seating. Daktronics timing system with touchpads at start end only, 6-lane scoreboard, electronic button timers for back up.
 - Short Course Yards, indoor, 6 lanes, Competitor lane lines including lane ropes outside of Lanes 1 and 6
 - The water depth of the competition pool when measured for a distance of 1 meter to 3 meters from the start wall is 12ft to 12ft 6in and the water depth at the turn end when measured for a distance of 1 meter to 3 meters is 4ft to 4ft 5in.
 - The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.
 - The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).
- WARMUPS:** Five lanes will be used for competition. The sixth lane and bulkhead area will be available for continuous warm up and cool down.
- SCHEDULE:** Registration/Check-In/Pancake Man: Begins at 8:30 AM
Warm-Up Begins: 8:45 AM
Meet Start Time: 10:00 AM
- MEET DIRECTOR:** Aidan Cho 402-609-0481 aidan@sarpycountyswimclub.com
- MEET WEBSITE:** Meet information and registration can be found at www.scscmasters.com/pancakepentathlon
- RULES:** Current USMS rules apply. All events are timed finals and will be pre-seeded slowest to fastest with men and women seeded separate. All participants must be age 18 or older and registered members of U.S. Masters Swimming for 2024.
- Individual competition is in age groups of 18-24, 25-29, 30-34, 35-39, etc. Relay age groups are 18+, 25+, 35+, 45+, etc. The youngest member of the relay determines your age group. All four swimmers must be registered with the same club for relays. Relays may be mixed genders.
- Swimmers may enter a maximum of six (6) individual events and two (2) relays. Since the events are shorter distances and there are fewer events, be aware that this meet may run quickly, and you might not get much rest between events. Your age as of March 16th, 2024, determines your age group eligibility.
- ENTRY PROCEDURE:** Meet entry fee is \$35.00. Relays are \$5 per swimmer (deck entry only). Day of deck entry fees (non-relay) are \$8 surcharge, plus \$5/event (open lanes only). Meet is open to all 2024 USMS registered swimmers. Individual event entries close on Wednesday, September 18 at 11:59pm.
- Relay entries will be deck entered and deck seeded at the meet. Relay cards are due to the meet host by 9:30am
- Individual entries should be completed through [RegFox](#). Individuals unable to submit entries through the online link should contact the meet director. Relay entries and payment (cash/card/check) can be submitted via paper form to host club day of meet.

Sarpy County Swim Club Masters
SCSC Masters Pancake Pentathlon
Sunday, September 22, 2024

PANCAKES: The Pancake Man will be on-site with complimentary pancakes and sausage links for all swimmers, volunteers and officials.

Spectators can purchase a pancake ticket for \$6.00 (cash/card) the day of the meet.

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

Note: Swimmers do not have to swim a pentathlon; mixing and matching individual events is permitted

- | | | | |
|-----------|-------------------------------|-----------|-------------------------------|
| 1 | Women's 200 Free Relay | 15 | Men's 50 Breaststroke |
| 2 | Men's 200 Free Relay | 16 | Women's 100 Breaststroke |
| 3 | Mixed 200 Medley Relay | 17 | Men's 100 Breaststroke |
| 4 | Women's 100 Individual Medley | | 5 Minute Break |
| 5 | Men's 100 Individual Medley | 18 | Women's 50 Freestyle |
| | 5 Minute Break | 19 | Men's 50 Freestyle |
| 6 | Women's 50 Butterfly | 20 | Women's 100 Freestyle |
| 7 | Men's 50 Butterfly | 21 | Men's 100 Freestyle |
| 8 | Women's 100 Butterfly | | 5 Minute Break |
| 9 | Men's 100 Butterfly | 22 | Women's 200 Individual Medley |
| | 5 Minute Break | 23 | Men's 200 Individual Medley |
| 10 | Women's 50 Backstroke | 24 | Women's 200 Medley Relay |
| 11 | Men's 50 Backstroke | 25 | Men's 200 Medley Relay |
| 12 | Women's 100 Backstroke | 26 | Mixed 200 Medley Relay |
| 13 | Men's 100 Backstroke | | 5 Minute Break |
| | 5 Minute Break | 27 | Women's 500 Freestyle |
| 14 | Women's 50 Breaststroke | 28 | Men's 500 Freestyle |

SCSC Masters Pancake Pentathlon

Sunday, September 22, 2024 – Papillion La Vista High School (SCY)

Sanctioned by Nebraska Masters Swimming LMSC for USMS, Inc.

PAPER ENTRY FORM – PLEASE SEE MEET INFORMATION PACKET FOR MORE

Online registration available at www.scscmasters.com/pancakepentathlon

Name: _____ **Gender:** Female Male **Date of Birth:** _____

USMS Member # _____ **LMSC/Club/UN:** _____

Email: _____ **Phone #:** _____

Events: Select up to six (6) events, add seed time (or no time 'NT'). *Relays - deck entry only*

Event (F/M)	Entry Time	Event (F/M)	Entry Time
(1/2/3) 200 Free Relay	DECK ENTER ONLY	(16/17) 100 Breast	
(4/5) 100 Indiv. Medley		(18/19) 50 Free	
(6/7) 50 Fly		(20/21) 100 Free	
(8/9) 100 Fly		(22/23) 200 Indiv. Medley	
(10/11) 50 Back		(24/25/26) 200 Med. Relay	DECK ENTER ONLY
(12/13) 100 Back		(27/28) 500 Free	
(14/15) 50 Breast			

Swimmers may enter a maximum of six (6) individual events and two (2) relays. However, since the events are shorter distances and there are fewer events, please be aware that this meet may run quickly and you might not get much rest between events. Relay entries will be filled out at the meet and are \$5/swimmer, payable by cash/check/card at the meet. Relay entries are due by 9:30am on the day of the meet.

Paper and electronic entry forms must be received by 11:59pm on September 18, 2024.

Mail this completed entry form AND the signed waiver form on the next page and mail it with a check (\$35.00 – make checks payable to: “Sarpy County Swim Club”) and a copy of your 2024 USMS registration card to:

Sarpy County Swim Club

Attn: Aidan Cho
PO Box 461155
Papillion, NE 68046