

# Nationwide Invitational Pentathlon Masters Swim Championships

## A Two-day Pentathlon Meet: Saturday in Short Course Meters & Sunday in Short Course Yards

Juniper Swim & Fitness Center, Bend, Oregon  
Friday-Saturday, October 26-27, 2024

**Sanctioned by:** Oregon Masters Swimming (OMS) Inc. for USMS, Inc. Sanction: 374-????

**Hosted by:** Central Oregon Masters Aquatics (COMA)

**Meet Director:** Bob Bruce, [coachbobbruce@gmail.com](mailto:coachbobbruce@gmail.com)

**Meet Referee:** Jacki Allender, [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

**Charity:** Net proceeds from this event will go towards funding the COMA Adult Learn-to-Swim program.

**Introduction:** We're looking for enthusiastic multi-stroke masters swimmers to gather in Bend, Oregon, in October 2024 for the inaugural Nationwide Invitational Pentathlon Swim Meet. We'll run a standard pentathlon meet format in three distances in two standard racing courses, Saturday afternoon in short course meters (25 meters) and Sunday morning in short course yards (25 yds). This is actually a soft opening for our grand idea; if this meet is successful, we plan to offer it in 2025 in three days in all three courses, which to our knowledge has never been done before! Would you like to join us in creating swim history?

**Eligibility:** To eligible for competition, including participation in warm-ups, members must be 18 years of age or older. Foreign registered swimmers need to provide proof of current registration with their country's governing body for Masters swimming. Unregistered swimmers MUST sign up for a 2024 USMS membership before registering for this meet, and may register online at [www.usms.org/reg/](http://www.usms.org/reg/).

### **Age groups:**

- Age Determination for swimmers (Article 102.2):
  - For short course meters, age shall be determined by age on December 31, 2024.
  - For short course yards, age shall be determined by age on October 27, 2024.
- Age groups: 18-24, 25-29, 30-34, etc. (Article 102.3)

**Venue:** Juniper Swim & Fitness Center, a Bend Park & Recreation District Facility

- Google address - 800 NE 6th St., Bend, OR, 97701.
- The pool is INDOORS at this time of year.
- 25-meter course on Saturday and 25-yard course on Sunday.
- Up to eight (8) lanes of deep-water competition and up to four (4) lanes of continuous warm-up/down.
- Daktronics electronic timing system and scoreboard.
- Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway! Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.

**Pool Length Compliance:** The lengths of the competition courses are in compliance and on file with USMS in accordance with Articles 105.1.7 and 106.2.1 but, as a bulkhead course, are subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent upon verification of bulkhead placements.

### **Timing System:**

- **AUTOMATIC TIMING:** The primary timing system will be automatic touchpad timing, with backup from push-buttons and stopwatches. Times from this competition will be eligible for world records (AQUA), USMS records, and Top 10 (USMS and AQUA) consideration.
- **SPLITS:** Initial split times from an individual event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with Articles 103.17.3 and 103.18.5-103.18.7. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, or semiautomatic if automatic fails). The meet director should give a copy of the completed split forms to the Top 10 Recorder.
- **SPLIT NOTIFICATION:** The swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. The request for initial backstroke distance times in individual backstroke events must be made before the swim (Articles 103.18.1B1, 103.18.1B2).

### **Restrictions:**

- **ALCOHOLIC BEVERAGES:** Alcoholic beverages are not permitted at this venue (JSFC rules).
- **TOBACCO PRODUCTS:** Smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating and standing areas, and in all areas used by swimmers during the meet and during the warm-up periods in connection with the meet (Article 102.15).
- **CAMERAS, VIDEO EQUIPMENT, & DRONES:** The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races (Article 102.16.1). The use of audio and/or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms. We're indoors—no drones (Article 102.16).
- **GLASS:** Glass containers not permitted on the pool deck or locker rooms (JSFC rules).
- **SERVICE ANIMALS:** Our facility allows service animals but not emotional support animals. To distinguish between these categories, we can ask (1) Is the service animal required because of a disability? and (2) What work or task has the animal been trained to do? (JSFC rules)

### **Schedule:**

- Saturday: Warm-up: 12:00 noon. Check-in Deadline: 12:30 pm. Meet Start: 1:00 pm.
- Sunday: Warm-up: 8:00 am. Check-in Deadline: 8:30 am. Meet Start: 9:00 am.

**Check-in Deadlines:** Positive check-in is REQUIRED 30 minutes before the meet starts on each day.

**Event Entry Limits:** To be eligible to compete swimmers **MUST** enter 5 events/pentathlon course – no less no more. Entries are not accepted if a swimmer does not enter 5 events/pentathlon course.

**Meet Participation Limit:** 120 swimmers maximum on each day.

**Entries:** Entries will open on September 1, 2024 at 12:01 am and close on October 14, 2024 at 11:59 pm. Late entries and deck entries will not be accepted.

**Entry Platform:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=17937](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=17937)

**Entry Fee:** \$20 entry surcharge plus \$20 per pentathlon course length.

### **Refunds:**

- Refund requests received before or on Oct 14, 2024 will be honored less \$10 to cover transaction fees and administrative costs.
- From October 14 through October 20, only the \$20 per pentathlon course fee will be refunded.
- After October 20, there will be no refunds.

### **Individual Entry Limits:**

- Swimmers will be asked for seed times for their five events IN **SHORT COURSE YARDS**. We'll use consistent conversions for the metric course. There are procedural complications in running a single meet in multiple courses, so I have chosen this way to keep the seeding process simple.
- Swimmers are limited to five (5) individual events each day. Swimmers may enter **ONLY** their chosen pentathlon events, without the option of registering for swims smorgasbord-style as in most meets.

**Results:** Results will be posted at the pool and will be available online at [www.SwimOregon.org](http://www.SwimOregon.org) and on the Meet Mobile app.

### **Records:**

- Since this is an inaugural meet, all pentathlon winners will set Nationwide Invitational Pentathlon Swim Championship Meet Records.
- Since the Oregon LMSC has kept Pentathlon Records since 2009, Oregon-registered swimmers can take a crack at them; <https://www.swimoregon.org/page.cfm?pagetitle=Pool+Records>.

### **Awards:**

- Pentathlon Finisher cups for all pentathlon finishers.
- No awards for individual swims. Hey, it's a Pentathlon Meet.
- Recognition for the best pentathlons calculated using the AQUA (formerly, FINA) point system based on the USMS National Records.
- Recognition for the best individual swims across gender/age group categories calculated using that AQUA (formerly, FINA) points system.

**Lodging:** As a destination vacation hub, Bend has extensive housing options. Google 'Lodging Bend OR'

**Air connections:** The closest commercial airport is Roberts Field in Redmond, Oregon (RDM), about 30 minutes from downtown Bend and Juniper Swim & Fitness Center. As of this posting, current airlines are American, Alaska, Avelo, Delta, and United, and current non-stop direct connections include Denver, Los Angeles, Salt Lake City, Seattle, San Francisco, Santa Rosa, Phoenix, Burbank, Reno, and San Diego (some not daily).

**Pentathlons Defined:** To qualify for a specific pentathlon, you **MUST** register for all five events in that particular pentathlon.

- Short Pentathlon: 50 of each stroke and 100 IM
- Medium Pentathlon: 100 of each stroke and 200 IM
- Long Pentathlon: 200 of each stroke and 400 IM

**Order of Events:** All events will be seeded SLOW TO FAST without regard to gender and age. The meet will be paced so that swimmers will get at least 30 minutes rest (hopefully more) between stroke events in their pentathlon.

**Events and Approximate Timelines:** We plan a ten-minute break after the backstroke and freestyle events each day for the benefit of our hard-working officials.

**Saturday: Short Course Meters**

Warmup			12:00 noon
Event # 101	Mixed	200 M Fly	1:00 pm
102	Mixed	100 M Fly	
103	Mixed	50 M Fly	
104	Mixed	200 M Back	Not before 1:40 pm
105	Mixed	100 M Back	
106	Mixed	50 M Back	
107	Mixed	200 M Breast	Not before 2:30 pm
108	Mixed	100 M Breast	
109	Mixed	50 M Breast	
110	Mixed	200 M Free	Not before 3:20 pm
111	Mixed	100 M Free	
112	Mixed	50 M Free	
113	Mixed	400 M IM	Not before 4:10 pm
114	Mixed	200 M IM	
115	Mixed	100 M IM	

**Sunday: Short Course Yards**

Warmup			8:00 am
Event # 201	Mixed	200 Y Fly	9:00 am
202	Mixed	100 Y Fly	
203	Mixed	50 Y Fly	
204	Mixed	200 Y Back	Not before 9:30 am
205	Mixed	100 Y Back	
206	Mixed	50 Y Back	
207	Mixed	200 Y Breast	Not before 10:10 am
208	Mixed	100 Y Breast	
209	Mixed	50 Y Breast	
210	Mixed	200 Y Free	Not before 10:40 am
211	Mixed	100 Y Free	
212	Mixed	50 Y Free	
213	Mixed	400 Y IM	Not before 11:20 am
214	Mixed	200 Y IM	
215	Mixed	100 Y IM	