

14th Annual Colorado Swimming Hall of Fame Pentathlon and Ironman Swim

**Sponsored by and Lunch provided by
Chris O'Sullivan, Brothers BBQ**

Saturday, January 18, 2025, Meet Information

Sanctioned by USMS – All athletes must be USMS members and present card at check in on deck.

Meet Director: Andrew Harbuck

Andrew Phone. (484) 843-4314 E-mail (Preferred) CoachAndrew@Swimdogs.net

Additional contact Stan Benson- Phone (720) 231-1400 E-mail Sbenson7@msn.com

FACILITY - George Washington High School, 655 South Monaco Parkway, Denver, CO

GWHS is a 6-Lane, 25-Yard competition pool. Colorado Timing Systems touchpads and scoreboard will be used.

Pool Length Certification – The length of the competition course is complying and on file with the USMS in accordance with articles 105.1.7 and 106.2.1.

An Automatic Timing System will be used. Times from this competition will be eligible for USMS records and Top Ten consideration, but not for World Records.

TIMES - Saturday, January 18, 2025, 8:00 Warm-up, 9:00 Start. After the meet has been seeded, we will announce a warm-up and start time for the pentathlon portion of the meet. A warm-up/warm-down lane will always be available.

AGE GROUPS 18-24, 25-29, 30-34, 35-39, 40-44...100+ No awards at this meet.

ELIGIBILITY – Swimmers must be current members of USMS with valid membership card to compete. All Athletes must sign a USMS Waiver to participate.

ENTRIES – You may enter one of two ways. Online at WWW.swimdogs.net and pay via credit card, Deadline for online entries is Thursday, January 16, 2025.

OR - via mail with Check payment: Please copy and mail to: Andrew Harbuck at 5291 E. Cornell Ave., Denver, CO 80222. Deadline for mail in entries is Thursday, January 16, 2025.

Deck entries will be allowed to within 30 minutes of the start of the meet for an additional \$5.

ENTRY FEES - Flat Fee of \$30.00 for up to 6 events during the pentathlon, but most will either swim 50's and the 100 IM or 100's and the 200 IM. The 500 free will be an additional \$3.00

One Event Registration Form – If you are not a member of USMS, you can register for "One Event" registration on deck.

You can swim six events the same as a regular member and pay an additional \$15, which we collect and forward to COMSA – Colorado Masters Swim Association.

There will be multiple breaks in the meet depending on number of competitors

Brothers BBQ lunch will be hosted by Chris O'Sullivan

**Proceeds will fund the Colorado Swimming Hall of Fame, George Washington HS Swim Team
and Swim Dogs. Additional contributions are Tax Deductible.**

Entry Form Colorado Swimming Hall of Fame Pentathlon

Name _____ Age _____

DOB _____

USMS NUMBER _____ Phone _____

Address _____

Email-for updates _____

Please enclose \$30 Entry Fee (payable to Swimdogs) for up to 6 events.

500 Free is a bonus event. Please include an additional \$3.00 for the 500.

Additional contribution for Colorado Swimming Hall of Fame (Tax Deductible)

\$ _____

Please use form to enter seed times.

Seed Time	Women Event #	Event	Men Event #	Seed Time
	1	100 IM	2	
	3	100 Fly	4	
	5	50 Free	6	
	7	100 Back	8	
	9	50 Breast	10	
	11	100 Breast	12	
	13	50 Back	14	
	15	100 Free	16	
	17	50 Fly	18	
	19	200 IM	20	
	21	500 Free	22	