

DOLPHINS OF THE DESERT PENTATHLON
SEPTEMBER 28, 2025
HOSTED BY DOLPHINS OF THE DESERT MASTERS

Meet Director: Jeff Commings, 520-891-8923, commingsjeff@gmail.com

Meet Referee: Rome Yount

Sanction: Sanctioned by the Arizona Local Masters Swimming Committee for USMS, Inc., sanction number **485-S008**

Facility: Competition will be held at the Oro Valley Aquatic Center, 23 W. Calle Concordia, Oro Valley, AZ. The competition course will be eight 25-yard lanes operated at 80 degrees Fahrenheit with non-turbulent lane lines and Colorado Timing System electronic timing. Pool depth varies in the competition course from 10 to 15 feet, with track start fins on the starting blocks. Backstroke start wedges will not be available. The length of the competition course is in compliance and on file with USMS in accordance with Articles 105.1.7 and 106.2.1 of the USMS Rule Book. Six lanes in the facility's recreation pool will be available throughout the competition for continuous use during the meet. Hand paddles, fins, and other equipment will not be allowed in either pool. Diving is not allowed in any lane in the recreation pool.

The Oro Valley Aquatic Center is accessible to people with mobility issues, including the locker rooms and spectator area.

Parking: The parking lots east and west of the Oro Valley Aquatic Center will be available free of charge. The parking lot at the adjacent high school will not be available.

Eligibility: The Dolphins of the Desert Pentathlon is open to all swimmers who are at least 18 years old currently registered with U.S. Masters Swimming (or foreign equivalent) in 2025. One-event USMS registration will be available for those not currently registered with USMS for a \$20 fee in addition to the meet entry fee.

Rules: 2025 USMS rules apply. All events are timed finals. There is a limit of five events per swimmer. Swimmer's age as of September 28, 2025, the day of the competition, determines your age group for the meet (18-24, 25-29, 30-34, 35-39, etc.).

Swims from athletes who sign up using the one-event registration will not be eligible for USMS records or national top 10 rankings. All other swims will be eligible for USMS records and national top 10 rankings. Split requests must be submitted to the administration table before 9:30 a.m. the day of the meet.

Event information: The Dolphins of the Desert Pentathlon encourages all entrants to sign up for events in one of the three pentathlon tracks:

Sprint IM – 50 fly, 50 back, 50 breast, 50 free, 100 IM

Endurance IM – 100 fly, 100 back, 100 breast, 100 free, 200 IM

Freestyle – 50, 100, 200, 500, 1000 freestyle

Participants who do not wish to swim in either pentathlon can enter up to five events of their choice.

Entries/fees: Entries must be completed online at the following URL:

https://www.clubassistant.com/club/meet_information.cfm?c=2707&smid=20121. Deadline for entries is 11:59 p.m. Arizona time on Friday, September 19, and late entries will not be accepted. Deck entries will not be accepted. There is a \$45 flat entry fee for all entries, payable by credit card during the registration process. Your credit card statement will show "DDSA Masters" for the meet entry. No other form of payment will be accepted.

Seeding: With the exception of the 500 free and 1000 free, all events will be pre-seeded by time with men and women competing together. All events will be swum slowest to fastest regardless of age, except the 1000 free which will be swum fastest to slowest. Positive check-in for the 500 and 1000 freestyle is **required** and must be done **in-person** at the pool before 9:30 a.m. the day of the meet.

Awards: Participants who *complete* one of the three pentathlon tracks will receive a commemorative T-shirt free of charge. Others can purchase a meet T-shirt during online registration for \$15. Individual and team awards will not be given.

Results: All results will be posted online at www.azlmsc.org, on SwimPhone and Meet Mobile.

ORDER OF EVENTS

Warmup: 9:00-9:50 a.m. Meet starts at 10 a.m.

Event 1: Mixed 1000 freestyle (Freestyle pentathlon #1)

Break

Event 2: Mixed 50 butterfly (Sprint IM pentathlon #1)

Event 3: Mixed 100 backstroke (Endurance IM pentathlon #1)

Event 4: Mixed 200 freestyle (Freestyle pentathlon #2)

Event 5: Mixed 200 IM (Endurance IM pentathlon #2)

Event 6: Mixed 50 breaststroke (Sprint IM pentathlon #2)

Break

Event 7: Mixed 100 freestyle (Endurance IM pentathlon #3, freestyle pentathlon #3)

Event 8: Mixed 50 backstroke (Sprint IM pentathlon #3)

Event 9: Mixed 100 butterfly (Endurance IM pentathlon #4)

Event 10: Mixed 500 freestyle (Freestyle pentathlon #4)

Event 11: Mixed 100 IM (Sprint IM pentathlon #4)

Event 12: Mixed 100 breaststroke (Endurance IM pentathlon #5)

Event 13: 50 freestyle (Sprint IM pentathlon #5, freestyle pentathlon #5)