

Meet: Peg Neal Pentathlon

LOCATION: Lakewood High School Pool, 14100 Franklin Blvd., Lakewood, OH 44107

Date: Saturday, Oct. 16

STARTING TIMES: Saturday morning warm-up is as follows: 10 & Under warm-up will be from 7:30 AM to 8:00 AM, 13-14 warm-up will be from 8:00 AM to 8:30 AM with competition starting at 8:35 a.m. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for the first half hour, Open will warm-up for forty minutes immediately following. If the average number of swimmers exceeds 15 per lane, warm-ups maybe adjusted. Continuous warm-up will be available in the diving well after completion of warm-up period. Afternoon start times and the final warm-up plan will be posted at www.lakewoodrecreation.com/LRST and at www.lakeeriestraining.com by October 13, 2021.

COVID PROTOCOLS:

Lakewood Schools are requiring masks to be worn in all buildings on Campus; therefore, **ALL COACHES, SPECTATORS, VOLUNTEERS, OFFICIALS AND SWIMMERS ARE REQUIRED TO WEAR MASKS AT ALL TIMES EXCEPT WHEN SWIMMERS ARE SWIMMING.** Swimmers should have a ziplock bag or "Tupperware" container to house their mask while swimming. Also, please maintain 3 feet of social distancing.

AWARDS: Ribbons will be given for places 1 through 8 in the 10 & U, and 11-12 tracks. No ribbons will be awarded for the 13-14 or Open tracks. Plaques will be awarded to the top three swimmers (boys and girls) in each age group for each pentathlon track. Team Awards will be given for teams finishing 1st, 2nd and 3rd overall. All awards must be picked up at the meet. Awards will not be mailed unless specifically announced by the meet host.

ADMISSION COST: Admission for **one spectator per swimmer** is included in the entry fee.

There will not be a clerk of course.

SEEDING & CHECK IN: All events will be deck seeded. Swimmers must check in for all their events no later than 30 minutes prior to the start of the session. Check-in sheets will be posted on the windows of the coaches' office. Heat and lane assignments will be posted on the pool deck. Swimmers are responsible for reporting to their starting block for each event. The Lake Erie scratch rule (attached) will be in effect.

| <u>Saturday</u> | <u>AM</u> | <u>PM</u> |
|------------------------|------------------|------------------|
| Adryan | Grayden | |
| Ashtyn | Sydney L | |
| Ava | | |
| Nora | | |
| Sydney F | | |