



32nd Annual PEG NEAL PENTATHLON
October 12, 2025
Held under the sanction of USA Swimming
Sanction #: OH-26SC-24

Hosted by
Lakewood Rangers
Swim Team
(LRST)

Location:	Lakewood High School Pool 14100 Franklin Blvd. Lakewood, OH 44107
Facility:	25 yards by 8 lanes, indoor pool, locker rooms, grandstand seating, Colorado timing and scoreboard. Concessions will be available. Parking located on Franklin Blvd. across from Lakewood High School. The depth of the pool at the start end is 9 feet, 0 inches. The depth at the turn end is 3 feet, 6 inches. The host will ensure the required course dimensions.
Meet Director:	Jodie Wohlfeil d_wohlfeill@att.net 216.409.2636
Meet Referee:	Bob Martens
Officials Contact for the Meet:	Dave Wohlfeil d_wohlfeill@att.net 216.337.1117
Entry Chair:	Dave Wohlfeil lrst.entries@att.net 216.337.1117
Disclaimer:	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Type:	Timed Finals – Pentathlon. Swimmers must have a legal time in all 5 events in order to compete in this meet. If your swimmer is not legal in any single stroke please do not enter them in this meet. Every swimmer will be entered in all five (5) events for their age group that day.
# of Sessions:	2 Session 1 – 10/26/2024 – Timed Finals 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. Session 2 – 10/26/2024 – Timed Finals 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 by October 8, 2025.
Medical Supervision available to athletes	A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.

Organization Regulations/Waivers	
USA Swimming Rules	- At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. - Any swimmer entered in the meet <u>must</u> be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. - The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. - Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. - Deck changes are prohibited. - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. - Flash photography is not permitted at the start of any race. - All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of

Organization Regulations/Waivers	
	the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	- Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion. - There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.
Safe Sport 360	- The U.S. Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. - The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. - Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. - All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. - For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report
Waiver/Release	- By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. - All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Entering the Meet	
Eligibility:	- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. - All contestants must be verified USA Swimming members. Membership will not be verified at the meet. - Membership verification deadline is 5 PM EST one (1) business day prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet. - All adult athletes must hold current Athlete Protection Training certification. - Age on the first day of the meet will determine age for the entire meet. - Swimmers must have a legal time in all 5 events in order to compete in this meet.
Disability Swimmers:	- Ohio Swimming welcomes swimmers with a disability. - Entry Procedures:

Entering the Meet	
	1. Enter the USA-S swimmers with a disability electronically or on the paper entry form. 2. Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations. 3. List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions. • Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats. • See the Ohio Swimming Policy Book for Grouping descriptions (P1, P2, P3).
Entry Limits Entry Fees:	• Swimmers must swim all 5 of their Pentathlon track events. • There is a single-fee meet charge of \$39.00 per swimmer which includes 5 events, plus a \$4.00 per swimmer surcharge. • There is a \$25.00/swimmer handling fee for entries not furnished in an electronic file.
Entry Procedures:	• Deadline for receipt of entries is October 1, 2025. • Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). • Unattached swimmers (not with a team) are encouraged to use Hytek's TM Lite for entry submission. Entries not completed through a team software are subject to a \$25/swimmer surcharge. These fees are due at the time of the entry submission. • Send entries via email to: Dave Wohlfeil 1rst.entries@att.net. • Please include the names of any Outreach swimmers in the email. • Checks should be made payable to: Lakewood Board of Education and mailed to: LRST Entries, c/o Dave Wohlfeil, 18312 Potomac Drive, Strongsville, OH 44136 • "No Time" (NT) entries will not be accepted. • The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Warm-up and Safety Guidelines:	• The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet. • Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees). • Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool deck. • Ohio LSC Swimming Safety Guidelines and Warn-Up Procedures will be in effect for this meet. • No spectators allowed on deck.
Competition Guidelines:	• This meet will be a timed finals meet. • This meet will be contested in SCY. • This meet will be deck-seeded. Deck entries will be accepted at the meet (see Deck entry section below). • No Clerk of Course will be available. • Swimmers must check in for all their events no later than 45 minutes prior to the start of the session. Check-in sheets will be posted on the windows of the coaches' office.
Scratch Procedures	• OSI Scratch Rule will be in effect.
Deck Entries	• Deck entries will be accepted on a space available basis, and will be seeded at No Time. Deck entries, if space available: \$50.00 including a \$4.00 swimmer surcharge. Swimmer must provide proof of USA Swimming registration. Deck entries will close 45 minutes before the start of each session.
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.
General:	• Admission Cost \$5.00 per person.
Code of Conduct:	• Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.

Entering the Meet

- Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.
- The Ohio Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. Ohio Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of Ohio Swimming. The complete Ohio Swimming Code of Conduct can be reviewed on the Ohio Swimming website under Governance> OSI Policy & Procedures Manual, Appendix 18.

32nd Annual Peg Neal Pentathlon**SCHEDULE OF EVENTS****October 12, 2025****Session #1**

10 & under: 7:30 AM-8:00 AM: 13-14: 8:00 AM - 8: 30 AM, 8:35 meet start (Timed Finals)

Swimmers must have a legal time in all 5 events

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
1		10 & Under 50 Back		2
3		13-14 100 Back		4
5		10 & Under 50 Fly		6
7		13-14 100 Fly		8
9		10 & Under 50 Free		10
11		13-14 100 Free		12
13		10 & Under 50 Breast		14
15		13-14 100 Breast		16
17		10 & Under 100 IM		18
19		13-14 200 IM		20

October 16, 2025**Saturday PM**

Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. 11-12 will warm-up for first 30 minutes: Open will warm-up for 40 minutes immediately following. Meet will begin 5 minutes after the conclusion of the second warm-up session. Start times will be posted by October 8, 2025.

Girls #	Qualifying Time	Age Group/Stroke	Qualifying Time	Boys #
21		11-12 50 Back		22
23		Open 100 Back		24
25		11-12 50 Fly		26
27		Open 100 Fly		28
29		11-12 50 Free		30
31		Open 100 Free		32
33		11-12 50 Breast		34
35		Open 100 Breast		36
37		11-12 100 IM		38
39		Open 200 IM		40

Summary of Fees/Release Form
32nd Annual Peg Neal Pentathlon
Hosted by LRST
October 12, 2025

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
(Total # of swimmers) X single entry fee of \$39.00= (exclude Outreach)		\$39.00 per swimmer	
(Total # of swimmers) X \$25.00 (handling fee for non-electronic entries)		\$25.00 per swimmer	
Total Fees Due			

Please list any Outreach Swimmers Below:

Total # outreach IEs: (# swimmers x # entries x \$35.00)		Total # of Outreach swimmers x \$4.00 surcharge:	
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(Outreach fees can be subtracted from your team totals)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Lakewood Rangers Swim Team, Lakewood Recreation, Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)

Club Title (Coach etc)

Name of Club

Date

Checks Payable to: **Lakewood Board of Education**

Send this form with check to:

Lakewood Entries

c/o Dave Wohlfeil

18312 Potomac Drive

Strongsville, OH 44136