

2025 CAQ Fall Decathlon

Hosted by CHARGER AQUATICS

October 10-12, 2025

Pool Elevation 5,410 Feet

Sanction: This meet is being held under the sanction of USA Swimming and New Mexico Swimming. The sanction number is: #NMS26O05E

Facility: Peter and David Barney Competition Pool on the grounds of Albuquerque Academy, 6400 Wyoming Blvd NE, Albuquerque, New Mexico, 87109. Ten competitive lanes in a 25 yard pool with a minimum depth of 7 feet. Continuous warm up/cool down available in a separate six (6) lane 25 yard pool. Colorado Timing System and Scoreboard will be used. **The competition course has been certified in accordance with 104.2.2c.**

There is no food or drink, other than water, allowed on the deck of the Natatorium. Swimmers and coaches with food on the deck will be asked to move upstairs to the general seating area.

Eligibility: The meet is open to all 2025 USA Swimming registered athletes. All participating teams must return the attached certification of USA Swimming registration signed with their entries. **There will not be an opportunity to obtain a valid USA Swimming number or registration at the competition.** USA Swimming Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

Liability: New Mexico Swimming, USA Swimming, Charger Aquatics Swim Club, Albuquerque Academy, all meet sponsors, and all meet officials shall be held free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. Damage to the facility, when proved, will cause the offending swimmer if unattached or the offending swimmer's club if attached to be held accountable for repairs.

Format: This is a timed final, short course yards meet. All events are mixed gender, and pre-seeded from slowest to fastest. Fly-over starts may be used to control the timeline if it is deemed necessary to complete the session(s) within the requirements of New Mexico Swimming rules.

Swimmers may only compete in either the AM Decathlon sessions or the Saturday PM Novice Session.

There are no time standards for AM Sessions; the Saturday PM Novice Session will have the USA Swimming Motivational Standard of "B" as the maximum time standard for each event.

Rules: 2025 USA Swimming Rules and Regulations govern this meet, except as noted in this meet information. See attached order of events for the list of events and their schedule.

Coaches: If needed, there will be a coaches meeting approximately 10 minutes prior to the start of each session. All coaches must display their current USA Swimming Coaches' card while on deck at the meet.

Meet Directors:

Meet Director: Jim Van Atta, vanatta@aa.edu

Assistant Meet Director & Entry Chair: Moranda Madero, madero@aa.edu

Swimwear: Swimwear must conform to those rules specified in the USA Swimming Handbook 102.8 SWIMWEAR.

Unaccompanied Swimmer:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Locker Rooms:

Use of audio or visual recording devices, including a cell phone camera is not permitted in changing areas, restrooms or locker rooms.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

There is no shaving allowed anywhere in the Natatorium. Swimmers caught shaving will be removed from the remainder of the meet.

Locker room facilities will be shared with athletes who are over the age of 18.

Entries:

They can compete in a maximum of five individual events per day, with the exception of those participating in Time Trials. All registrations will be verified; no on-deck USA Swimming registrations will be accepted. A swimmer's age for the meet will be determined by their age as of October 10, 2025.

Entries will be cut off at 300 swimmers per session. If a team submits entries that exceed the limit of 300 swimmers, then all of that team's entries will be accepted.

Entry Fees: Entry fees are \$7.00 per event; there will be a NMS Athlete Surcharge of \$7.00 and Pool/Program Surcharge of \$20.00

Time Trials Information:

200-yard time trials for each stroke will be offered at the conclusion of each day's session. Time trials for the 200-yard events are only open to athletes ages 13 and over who are participating in all 10 decathlon events. These events will be swum as mixed and open events. Coaches are required to sign up their swimmers for time trials when meet entries are due. There will be no charge for time trials.

Entry Deadline:

All entries must be received by Monday, October 6th, 2025. Please send electronic entries to: the Assistant Meet Director and Entry Chair: Moranda Madero at madero@aa.edu and mail payment to:

Charger Aquatics
Attn: Moranda Madero
6400 Wyoming Blvd. NE

YOU MUST INCLUDE THE NAME, EMAIL ADDRESS AND PHONE NUMBER OF THE PERSON WHO PREPARED THE ENTRIES FOR CLARIFICATION PURPOSES.

Entry Process: Email the Entry File as an attachment to the Entry Chair Coach Moranda Madero, madero@aa.edu. Attach a meet entries report by name in PDF format.
Full payment can be made by Team Check or Cashier's Check and mailed to the address above.

Deck Entries: Late and/or deck entries will be accepted if there is space available at the following rate: \$30 Pool Surcharge and \$10 per event.

Warm-Up Procedures:

Warm-up times are listed on the schedule of events page.

Should the number of swimmers in the meet warrant an additional warm-up session, one will be created and the teams notified of their specific warm-up time.

Sessions 2 & 4:

The following rules apply:

General warm-up (35 minutes):

- *No diving from the blocks or pool edge; swimmers must enter the water feet first using a three-point entry in a cautious manner*
- *No sprinting or pace work permitted*
- *All lanes to be used for general warm-up*

Specific warm-up (15 minutes)

- *Push/pace – lanes 0 and 9. Push off from starting end. Circle swimming only. NO DIVING*
- *Racing starts – lanes 1 through 8. Sprint lanes are for race starts and backstroke starts, swimming in one direction only.*
- *General warm-up – in the six-lane pool. No diving or sprinting. Circle swimming only.*

Please enter using a three-point entry, from the right side of the block.

Sessions 3:

General warm-up (30 minutes):

- *No diving from the blocks or pool edge; swimmers must enter the water feet first using a three-point entry in a cautious manner*
- *No sprinting or pace work permitted*
- *All lanes to be used for general warm-up*

Specific warm-up (10 minutes)

- *Push/pace – lanes 0 and 9. Push off from starting end. Circle swimming only. NO DIVING*
- *Racing starts – lanes 1 through 8. Sprint lanes are for race starts and backstroke starts, swimming in one direction only.*
- *General warm-up – in the six-lane pool. No diving or sprinting. Circle swimming only.*

Continuous warm-up/cool-down will be available in the separate six-lane pool. Lanes will not be assigned. NO DIVING in the separate six lane pool. **Please enter using a three-point entry, from the right side of the block.**

Meet Referee: Jay Mody, jaymody@gmail.com.

Administrative Official: Chantel Garrett, cvgarrett@hotmail.com

Scoring/Awards:

Ribbons will be awarded to Top-8 finishes in the 10 & Under, 11-12, and 13-14 Age Groups. Top finishers in the 10 & Under, 11-12, 13-14, and 15 & Over Age Groups for Overall Decathlon Score (must complete all 10 events legally) will receive a special prize.

Programs, Heat Sheets, Psych Sheets and Final Results:

Psych Sheets, Programs and/or Heat Sheets will be available digitally via the meet landing page as part of the Pool Usage Fee. Heat sheets and unofficial results will also be available on MeetMobile. Final results will be emailed to all participating teams.

Hospitality and Concessions:

Food concessions will be available at the meet. Officials and coaches will be provided with meals and refreshments in the hospitality area.

Officials and Timers:

Volunteer timers and officials are always welcome and encouraged. Officials' uniform will be white polo shirt over navy shorts/pants/skirt with white socks and shoes. Officials' meeting will start at the same time as the General warm-up start. The assigned team will need to arrive 15 minutes prior to General warm-up start to open the pool for warm-up. Please bring radios, if you have one (if you have more than one, please bring as many as you can). Apprentice officials are welcome (Apprentice AOs are capped at 2 per session). Please contact the meet referee to sign up for a session.

Drones:

Drones are prohibited over venues any time athletes, coaches, officials and /or spectators are present.

Safety Guidelines:

Safety Marshals shall be on deck to enforce the safety guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any swimmer or coach found to be in violation of unsportsmanlike conduct, swimming ethics, or procedures outlined in the meet information. USA Swimming certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures. All swimmers must be supervised by a certified USA Swimming Coach throughout the warm-up session.

All swimmers must enter the pool for warm-up using a three-point entry.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of 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.

Safe Sport:

The USA Swimming Safe Sport program is USA Swimming's 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 (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants 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.

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.

All athletes age 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 October 12th, 2025 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 October 10th, 2025, 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.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

2025 CAQ Fall Decathlon Order of Events

Event #	Session 1 Friday Evening, Warmup 5:30PM, Meet Starts 6:15PM
1	13 & Over 200 Fly Time Trial

Event #	Session 2 Saturday Morning, Warmups 8:00 AM, Meet Starts 9:00 AM
2	12 & Under 50 Back
3	13 & Over 100 Back
4	12 & Under 50 Breast

5	13 & Over 100 Breast
6	12 & Under 200 IM
7	13 & Over 100 IM
8	12 & Over 50 Fly
9	13 & Over 100 Fly
10	12 & Under 50 Free
11	13 & Over 100 Free

Event #	Session 3: Saturday Morning, Warmups TBA
12	13 & Over 200 Back Time Trial

Event #	Session 4: Saturday Afternoon, Warmups TBA, Meet Starts TBA
13	8 & Under 25 Back
14	12 & Under 50 Back
15	8 & Under 25 Breast
16	12 & Under 50 Breast
17	10 & Under 100 IM
18	12 & Under 200 IM
19	8 & Under 25 Fly
20	12 & Under 50 Fly
21	8 & Under 25 Free
22	12 & Under 50 Free

Event #	Session 5: Sunday Morning, Warmups 8:00 AM, Meet Starts 9:00 AM
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23	12 & Under 100 Back
24	13 & Over 50 Back
25	12 & Under 100 Breast
26	13 & Over 50 Breast
27	12 & Under 100 IM
28	13 & Over 200 IM
29	12 & Over 100 Fly
30	13 & Over 50 Fly
31	12 & Under 100 Free
32	13 & Over 50 Free

Event #	Session 6: Sunday Morning, Warmups TBA
33	13 & Over 200 Breast Time Trial

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Swimmer's Name _____

(Last)

(First)

(Middle)

Birth Date _____ USA Swimming # _____

Team _____ Sex _____ Age _____

<u>Event #</u>	<u>Distance</u>	<u>Stroke</u>	<u>Entry Time</u>
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____
_____	25 50 100	FR BK BR FL IM	____:____.____

Swimmers may compete in 6 swims per day (5 individual events and 1 trial per day), 13 events total.

Total Number of Events: _____ X \$5.00 = _____

NMS Surcharge and Pool Fee + \$22.00

TOTAL FEES: _____

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TEAM MASTER ENTRY FORM – ONE PER TEAM

TEAM _____ CLUB CODE _____

Total Number of Individual Events _____ X \$5.00 = \$ _____

Meet Surcharges (number of swimmers) _____ X \$22.00 = \$ _____

Total Fees for Team _____ = \$ _____

Please send **ONE** Team Check payable to Charger Aquatics – Thank you.

USA SWIMMING REGISTRATION VERIFICATION STATEMENT**

I CERTIFY THAT ALL SWIMMERS OF _____
SWIM TEAM ENTERED IN THE 2025 CAQ Fall Decathlon ARE CURRENTLY REGISTERED
MEMBERS OF USA SWIMMING.

SIGNATURE

DATE

PRINTED NAME

TEAM POSITION

COACHES: _____

**** This form must be mailed with Team entries, or turned in to the Meet Director before the meet**