



**SEAHAWKS
SPRINT PENTATHLON/
SEPTATHLON
30 Jan – 1 Feb, 2026**



SPONSOR/HOST	<ul style="list-style-type: none">Seahawks Swim Club of O'Fallon, IL		
SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-PendingUSA Swimming, Inc., Ozark Swimming, Inc., Seahawks Swim Club, and McKendree Metro Rec Plex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., Seahawks Swim Club and McKendree Metrorecplex cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.		
LOCATION:	McKendree Metro Rec Plex 205 Rec Plex Drive O'Fallon, IL 62269 (618) 589-3800		
FACILITY:	<ul style="list-style-type: none">The competition pool is 25 yards with ten lanes. A Daktronics timing system will be used with a scoreboard.The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming.		
MEET DIRECTOR	Kirsty Stooke	kirsty@theseahawks.com	(618) 670-6141
ADMIN OFFICIAL	Wendy Light	seahawksswimmeet@gmail.com	(423) 963-0282
MEET REFEREE	Dave Berthe	daveberthe@yahoo.com	(202) 251-4919
MEET MARSHALS	Eric Liebmann Mindi Kunz		
ELIGIBILITY:	<ul style="list-style-type: none">No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.No on deck Ozark Swimming athlete registration will be permitted.Swimmers entered in the meet who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming.Open to all USA Swimming athletes registered before the first day of the meet.		

	<ul style="list-style-type: none"> Age on 30 January, 2026 will determine age for the entire meet. 																								
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 																								
FORMAT:	<ul style="list-style-type: none"> All 12 and under swimmers will swim in the 1st, 2nd, and 4th sessions. All 13 and over swimmers will swim in the 1st, 3rd, and 5th sessions. All events will be timed finals. 																								
SCHEDULE:	<table border="1"> <thead> <tr> <th></th> <th>Warm-up 1</th> <th>Warm-up 2</th> <th>Session Start</th> </tr> </thead> <tbody> <tr> <td>Friday</td> <td>5:15 – 5:40 pm</td> <td>5:40 – 6:05 pm</td> <td>6:15 pm</td> </tr> <tr> <td>Saturday Morning</td> <td>9:15 – 9:40 am</td> <td>9:40 – 10:05am</td> <td>10:15 am</td> </tr> <tr> <td>Saturday Afternoon *</td> <td>1:30– 1:55 pm</td> <td>1:55 – 2:20 pm</td> <td>2:30 pm</td> </tr> <tr> <td>Sunday Morning</td> <td>9:15 – 9:40 am</td> <td>9:40 – 10:05 am</td> <td>10:15 am</td> </tr> <tr> <td>Sunday Afternoon *</td> <td>1:30– 1:55 pm</td> <td>1:55 – 2:20 pm</td> <td>2:30 pm</td> </tr> </tbody> </table> <p>* Saturday & Sunday afternoon times are an estimate for planning purposes. Actual times will be posted prior to the meet, once the meet has been seeded and the timelines are set. If morning and afternoon sessions are small, the afternoon sessions may be merged into the morning sessions.</p> <ul style="list-style-type: none"> Lane assignment and warm-up times for individual clubs will be posted on the Seahawks website no later than Wednesday, January 29th and will also be emailed to the contact person of the participating clubs. If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. 		Warm-up 1	Warm-up 2	Session Start	Friday	5:15 – 5:40 pm	5:40 – 6:05 pm	6:15 pm	Saturday Morning	9:15 – 9:40 am	9:40 – 10:05am	10:15 am	Saturday Afternoon *	1:30– 1:55 pm	1:55 – 2:20 pm	2:30 pm	Sunday Morning	9:15 – 9:40 am	9:40 – 10:05 am	10:15 am	Sunday Afternoon *	1:30– 1:55 pm	1:55 – 2:20 pm	2:30 pm
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ENTRIES:	<p>Entries will be accepted starting Monday, January 19th, 9:00 AM</p> <p>DEADLINE FOR THE RECEIPT OF ENTRIES Thursday, January 22nd, 2025 at 9:00 PM.</p> <ul style="list-style-type: none"> Entries must be submitted in short course yards times using Hy-Tek compatible format. Teams must submit entries via email. “No Time” (NT) entries will be accepted. Swimmers may enter a maximum of 6 individual events and 1 relay event per day. Relay teams must be designated A, B, C, etc. if more than one per club is entered per event. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official. The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding. Email entries to: Administrative Official at SeahawksSwimMeet@gmail.com 																								
SEEDING:	<ul style="list-style-type: none"> All events, except #6, 20, 21, 48, and 63 will be pre-seeded. 12 & Younger swimmers in the morning sessions must report to the Clerk of Course and they will be escorted to the blocks from there. Events 6 (1650 Free), 20 (400 IM), 21 (400 IM), 48 (500 Free), and 63 (500 Free) will require a positive check-in to swim. Positive check-in will close at the start of the first event in the corresponding session. SWIMMERS MUST POSITIVELY CHECK-IN TO BE SEEDED IN THE EVENT All events will be swum slow to fast Limited Events: The 48 (500 Free) and 63 (500 Free) may be limited to the top 16 entries in each gender and age group. Clubs must request refund of swimmers not making limited events by Friday, February 6th, 2025. 																								

	<ul style="list-style-type: none"> If a swimmer that does not get into a limited event, the corresponding team will be notified by Wednesday, Jan 28th to allow the swimmer time to enter another event.
FEES:	<ul style="list-style-type: none"> Individual events: \$5.00 Time Trials: for individual events \$7.00, for relays \$28.00. Relay events: \$16.00 Swimmer Surcharge: \$20.00 \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. Checks should be made payable to: Seahawks Swim Club Mail payment to: Kirsty Stooke 505 Amy Dr O'Fallon, IL 62269 Payment must be received by the start of warm-ups on Friday evening. Failure to pay entry fees by this deadline could result in teams being barred from the meet. IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.
TIME TRIALS:	<ul style="list-style-type: none"> Time trials may be conducted at the completion of each session. The limitation on the total number of individual events in which a swimmer may compete each day is 6 events (USA Swimming Rules and Regulations Article 102.2 & 102.3) and includes any events swum in time trials.
AWARDS:	<ul style="list-style-type: none"> Individual Awards: Individual ribbons will be awarded for places one through sixteen for ages 12 and below. Heat Awards: Heat awards for heat winners will be given to swimmers upon completion of their races. The King of the Mountain Award (1st place Septathlon) will be awarded to the 13-14 and 15 & over girl and boy with the fastest combined time for the 1650 free, 500 free, 400IM, 50 Fly, 50 Back, 50 Breast, and 50 Free and the 12 & under girl and boy with the fastest combined time for the 1000 free, 500 free, 200 IM, 50 Fly, 50 Back, 50 Breast, and 50 Free. Second and Third place Septathlon awards will also be awarded. Sprint Pentathlon Awards will be given to the top 3 fastest combined times in each of the following: <ul style="list-style-type: none"> Girls and Boys 8&U: 25 Fly, 25 Back, 25 Breast, 25 Free and 100 IM Girls and Boys 9-10: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM Girls and Boys 11-12: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM Girls and Boys 13-14: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM Girls and Boys 15 and over: 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM
SCORING	No Scoring for this meet
SAFETY	<ul style="list-style-type: none"> A first aid kit, AED machine, and back board will be on the pool deck.
BULL PEN	<ul style="list-style-type: none"> A bull pen/clerk of course will be run for this meet for the 12 and under sessions. Swimmers must report to the bull pen and stay there in order to swim. Swimmers may not just report behind the blocks. Swimmers not adhering to workers instructions may be required to forfeit their participation in the event.
WARM-UP/COOL DOWN	<ul style="list-style-type: none"> Two lanes will be available in the rec pool during the meet for warmup and cool down during the meet. 12 and under swimmers need to be supervised while in the rec pool.

RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations will apply. Any swimmer entered in the meet must be certified by a USA-S 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 flyover start procedure will be used for the 1st, 3rd, and 5th sessions, and may be used for the 2nd and 4th sessions at the discretion of the Referee. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. Deck changes are prohibited.
	<ul style="list-style-type: none"> Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. <ul style="list-style-type: none"> Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director Coaches with expired or non-current credentials will be required to leave the deck area. 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. 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. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	<ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to the Seahawks officials chair Dave Berthe, daveberthe@yahoo.com or (202) 251-4919 no later than Monday, January 27th. Official meetings will be held 45 minutes prior to the start of each session.
TIMERS:	<ul style="list-style-type: none"> Timers will be provided by the host team for all events except the 1650, and possibly the 500. Swimmers must provide their own lap counters for the 500 Free. Swimmers must provide their own timer and lap counter for the 1650 Freestyle.
GENERAL:	<ul style="list-style-type: none"> A hospitality for coaches and officials will be provided for those coaches and officials. No concessions will be sold. Swimmers and parents are to bring their own drinks and snacks and are responsible for keeping the area in which they sit picked up and clean. A crash area will be provided. Lawn chairs and/or blankets may be used in the crash area. Each team/swimmer will be responsible for keeping their area clean of trash and spills. Heat sheets WILL NOT be sold at the meet. Heat sheets will be available prior to the meet at www.theseahawks.com and on Meet Mobile. Meet results will be posted throughout the meet and on Meet Mobile.

FACILITY RULES:	<ul style="list-style-type: none">• Keep all trash picked up and do not block exit doors or aisles.• Swimmers, parents, and spectators are not permitted in any unauthorized areas.• A clear path to all emergency exits must be maintained with no obstructions.• Cell phones with video and video recording devices are prohibited in all locker rooms and restrooms.
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2026 SEAHAWKS SEPTATHLON

Friday Evening

Event	
1	13 & Over Mixed 200 IM
2	Open Mixed 200 Butterfly
3	Open Mixed 200 Backstroke
4	Open Mixed 200 Breaststroke
5	Open Mixed 200 Freestyle
6	Open Mixed 1650/1000

Saturday Morning

Event	
7	12 & Under Mixed 200 IM
8	8 & Under Mixed 25 Freestyle
9	9-12 Mixed 50 Freestyle
10	10 & Under Mixed 100 Butterfly
11	11-12 Mixed 100 Butterfly
12	8 & Under Mixed 25 Breaststroke
13	9-12 Mixed 50 Breaststroke
14	10 & Under Mixed 100 Backstroke
15	11-12 Mixed 100 Backstroke
16	10 & Under Girls 200 Medley Relay
17	10 & Under Boys 200 Medley Relay
18	11-12 Girls 200 Medley Relay
19	11-12 Boys 200 Medley Relay

Saturday Afternoon

Event	
20	13-14 Mixed 400 IM
21	15 & Over Mixed 400 IM
22	13-14 Mixed 50 Freestyle
23	15 & Over Mixed 50 Freestyle
24	13-14 Mixed 100 Butterfly
25	15 & Over Mixed 100 Butterfly
26	13-14 Mixed 50 Breaststroke
27	15 & Over Mixed 50 Breaststroke
28	13-14 Mixed 100 Backstroke
29	15 & Over Mixed 100 Backstroke
30	13-14 Girls 200 Medley Relay
31	13-14 Boys 200 Medley Relay
32	15 & Over Girls 200 Medley Relay
33	15 & Over Boys 200 Medley Relay

Sunday Morning

Event	
34	10 & Under Mixed 100 IM
35	11-12 Mixed 100 IM
36	8 & Under Mixed 25 Butterfly
37	9-12 Mixed 50 Butterfly
38	10 & Under Mixed 100 Freestyle
39	11-12 Mixed 100 Freestyle
40	8 & Under Mixed 25 Backstroke
41	9-12 Mixed 50 Backstroke
42	10 & Under Mixed 100 Breaststroke
43	11-12 Mixed 100 Breaststroke
44	10 & Under Girls 200 Freestyle Relay
45	10 & Under Boys 200 Freestyle Relay
46	11-12 Girls 200 Freestyle Relay
47	11-12 Boys 200 Freestyle Relay
48	12 & Under Mixed 500 Freestyle **

Sunday Afternoon

Event	
49	13-14 Mixed 100 IM
50	15 & Over Mixed 100 IM
51	13-14 Mixed 50 Butterfly
52	15 & Over Mixed 50 Butterfly
53	13-14 Mixed 100 Freestyle
54	15 & Over Mixed 100 Freestyle
55	13-14 Mixed 50 Backstroke
56	15 & Over Mixed 50 Backstroke
57	13-14 Mixed 100 Breaststroke
58	15 & Over Mixed 100 Breaststroke
59	13-14 Girls 200 Freestyle Relay
60	13-14 Boys 200 Freestyle Relay
61	15 & Over Girls 200 Freestyle Relay
62	15 & Over Boys 200 Freestyle Relay
63	13 & Over Mixed 500 Freestyle **

** Limited to top 16 entries in each gender and age group and positive check-in required.