



DFAC Winter Pentathlon

Held under the sanction of USA Swimming - SANCTION NUMBER: WI2026-0144S

In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Date:	Saturday, January 17, 2026
Location:	Sauk Prairie High School, 105 9 th Street, Prairie Du Sac, WI 53578
Facility:	8-lane, 25-yard pool with a starting depth of 12.5 feet and a turn depth of 4 feet. It has regulation-height starting blocks (30") and ample viewing area for athletes and spectators. The meet host will ensure the required course dimensions. Meet host reserves the right to compete in 6 lanes of the pool to allow for a warm-up lane.
Timing:	With the exception of 25-yd events, Daktronics timing equipment will be used with a horn start, touch pads, one button, and 2 watches as backup. All 25-yard events will be timed with a minimum of 2 electronic watches. In addition, one or two buttons may be used for 25-yd events if available. All events will be timed finals.
Official Rules:	<ul style="list-style-type: none">• This meet is sanctioned by USA Swimming and Wisconsin Swimming, Inc. All USA Swimming and WSI rules apply including safety rules, which will be strictly enforced..• Coaches and Club officials desiring to be on deck will be required to display proof of current USA Swimming membership at all times.• Any swimmer entered in the meet 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 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• All swimmers must hold current 2026 USA Swimming registration.
Medical Supervision:	Certified lifeguards will be present to provide medical supervision to athletes during the meet.
Warm ups:	Warm ups will be split into two 25 min sessions (or three 20 min sessions if needed) and will be assigned. Feet first three point entries from the starting end of the pool during general warmups will be enforced for all sanctioned/approved competition. Meet Marshals will be on deck during the entire warmup with the authority to recommend disqualification from individual events.

Entries:	Completed entry forms, signed waiver, and fees must be received by Saturday, January 3, 2026. Preferred method of entry is by email in HY-TEK COMMLINK format. You can download meet setup file (zipped) from the WI website. Current USA Swimming ID number MUST be included on the entry form. All deck entries must be able to prove USA Swimming membership. Out of state swimmers must show their current USA Swimming card prior to swimming.
Meet Director:	Maria Lapacek, PO Box 215, Deforest, WI 53532 Phone: (312)730-5752 Co-MeetDirector@dfacswimming.org
Pentathlon Rules	<p>A pentathlon is a combination of the four competitive strokes and the individual medley. This pentathlon is being conducted with five different competitions. A swimmer may not enter more than one pentathlon. To determine Pentathlon awards, the overall total accumulated Hy-Tek Points will be used as the ranking method: If an athlete is Scratched, No Shows, or is DQ'd, the athlete will get zero for the point score for those event, but will still be eligible for Pentathlon ranking and awards. It is not a requirement to compete in all events for individual event ribbons.</p> <p>8 & Under: 25 Butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle, 100 Individual Medley 10 & Under: 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle, 100 Individual Medley 11-12: 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle, 100 Individual Medley 13-14: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley Senior: 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley</p>
Para Athletes:	Complete and turn in Para Athlete Accommodation/Modification Request form to Meet Referee prior to start of the meet.
Entry Limit:	Only the first 200 swimmers, or until the timeline is full, will be accepted. Meet management does reserve the right to limit heats if for some reason there are time issues. Entries not accepted will be notified by email as soon as possible. Swimmers are limited to five (5) individual events for session one and two.
Entry Fee:	Individual events: \$6.00 Splash Fee: \$4.00 Admission Fee: \$12.00
Schedule:	Session 1: Warm-ups at 8:00 am. First event at 9:05am Session 2: Warm-ups not before 12:00 pm, 1 hour warmup session.
Age Groups:	8&U, 10&U, 11-12, 13-14, Senior (age as of 1/18/26)
Seeding:	This is a pre-seeded meet. It is the swimmer's responsibility to be at the blocks at the start of their event(s). Staging assistance will be provided for 8&U individual events.
Deck Seeding:	Deck seeding will be allowed only to the limit of filling partially filled heats. Deck seeding will close at 8:30 for the AM session and 30 minutes before the other session starts. Swimmers unable to prove USA Swimming membership will be charged a deck registration fee of \$82.00
Awards:	Pentathlon awards will consist of medals for 1st-6th place in overall point total for the

	following age groups: 8&U, 10&U, 11-12, 13-14, Senior. Ribbons will be awarded for individual events for 1st-8th place. Heat winners for all ages will receive a reward. Group distribution of awards to coaches will be permitted and/or mailed.
Scoring:	Pentathlon awards will be based on individual event scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Final Results:	One copy of the meet's final results will be sent to each team's designated recipient. Results will also be posted on both the DFAC and Wisconsin Swimming websites.
MAAPP Policy:	All 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 MAAPP is a condition of participation in the conduct of this competition. Times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to SWIMS. These athletes will also be considered "not in good standing" and can be subject to fines under Wisconsin Swimming Policy 11.2.1
Admission:	Admission fee of \$12 per athlete, included in entry fees. Heat sheets will be available online before the meet.
Concessions:	A selection of food will be available at reasonable prices throughout the meet.
Meet Conduct:	<ul style="list-style-type: none"> • In accordance with USA Swimming rules, no spectators are allowed on the pool deck. In accordance with the Federal Video Voyeurism Prevention Act of 2004-Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. • Deck changing is 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 <p>All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your swimmers to clean up after themselves.</p>
Officials:	<ul style="list-style-type: none"> • Meet Referee: Rick Potter, tech81toot@gmail.com • Administrative Official: Gwynette Hall, gwynettehall@gmail.com

Order of Events

Girls	Session 1 Events Warm-up 8-9am, Meet starts at 9:05am	Boys
1	8&U 25 Butterfly	2
3	13-14 100 Butterfly	4
5	Senior 100 Butterfly	6
7	8&U 25 Backstroke	8
9	13-14 100 Backstroke	10
11	Senior 100 Backstroke	12
13	8&U 25 Breaststroke	14
15	13-14 100 Breaststroke	16
17	Senior 100 Breaststroke	18
19	8&U 25 Freestyle	20
21	13-14 100 Freestyle	22
23	Senior 100 Freestyle	24
25	8&U 100 Individual Medley	26
27	13-14 200 Individual Medley	28
29	Senior 200 Individual Medley	30

Girls	Session 2 Events Warm-ups not before 12:00 pm, 1hr. warm-up session	Boys
31	10&U 50 Butterfly	32
33	11-12 50 Butterfly	34
35	10&U 50 Backstroke	36
37	11-12 50 Backstroke	38
39	10&U 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	10&U 50 Freestyle	44
45	11-12 50 Freestyle	46
47	10&U 100 Individual Medley	48
49	11-12 100 Individual Medley	50

Waiver

In consideration of the acceptance of these entries, the undersigned hereby, for myself and all the members of the team I represent together with their heirs, representatives and assigns, waive all claims against United States Swimming and the Wisconsin Swimming Committee, DFAC Swimming, and the Sauk Prairie School District, and any other agents of this meet for injuries and any other expense incurred by myself or any person on behalf of my club at the meet or on the road to and from the meet.

Signature of team official: _____

Team Name: _____

Team Abbreviation: _____

Coach(es): _____

Address for Final Results: _____

City: _____ State: _____ Zip: _____

Contact: Name: _____

Phone: (_____) _____

Email: _____

SUMMARY OF ENTRY FEES

Number of Individual Swims: _____ x \$6.00 = \$_____

Number of Swims Reserved: _____ Reservation \$_____

Balance Due for additional swims (enter zero is less) \$_____

EXCESS RESERVATION MAY NOT BE APPLIED TOWARD RELAY & SPLASH FEES

Number of Swimmers _____ x \$4.00 = \$_____

Admission Fee _____ x \$12.00 = \$_____

Total Entry Fee Due: \$_____

Make Checks Payable to: DFAC Swimming

Mail Entries and Waiver to: Maria Lapacek
P.O. Box 215
DeForest, WI 53532

ENTRIES MUST BE RECEIVED BY SATURDAY, January 3, 2026