



LSC Pentathlon

Hosted by Lubbock Swim Club
September 26-27, 2025



Sanction: Held under sanction #WT0926-25 through USA Swimming by West Texas Swimming.

Meet Director: April Hayes

Meet Referee: Stewart Gerhart

Venue: Pete Ragus Aquatic Center, 2004 14th Street, Lubbock, TX 79401 806-219-0830

Facility: Pete Ragus is an indoor short course/long course facility. Short Course: Eight lanes, 25 yard competition pool with 8 25-yard warm-up lanes. Long Course: Eight lanes, 50 meter. Colorado timing system, scoreboard and Hy-Tek Meet Manager will be in use. Water depth of the pool is 7 feet at the bleachers end and 4 feet 5 inches at the scoreboard end. The competition course has not been certified in accordance with 104.2.2C. **Deck Changes:** Deck changes are prohibited. **Drone Restrictions:** 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. **Recording devices:** Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, locker rooms or the areas behind the starting blocks.

Schedule:

Warm-up

Session Start

Friday Sept. 26	Group 1 5:00-5:25 pm	General Warm-up	6:15 pm
	5:25-5:35 pm	One way sprints	
	Group 2 5:35-6:00 pm	General Warm-up	
	6:00-6:10 pm	One way sprints	
Saturday Sept. 27	Group 1 7:45-8:10 am	General Warm-up	9:00 am
	8:10-8:20 am	One way sprints	
	Group 2 8:20-8:45 am	General Warm-up	
	8:45-8:55 pm	One way sprints	

*Finalized warm-up schedules will be sent out the week of the meet.

MAAPP: 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.

APT: Adult athletes (18 and older) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their Deck Pass account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.

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 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 720-531-0340 or online at www.uscenterforsafesport.org/report-aconcern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any 18 & over athlete 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 May 14th 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.

Liability/Sanction: IN GRANTING THIS SANCTION AND ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., WEST TEXAS SWIMMING, INC., LUBBOCK SWIM CLUB, ALL MEET OFFICIALS AND LUBBOCK ISD SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET. Damage to the facility, when proven, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

Rules: 2025 USA Swimming rules for competitive swimming will govern the meet. All swimmers, coaches and officials participating in this competition must be currently (2025 or 2026) registered with USA Swimming.
Age-up date: Swimmer's age as of September 26, 2025 shall determine their age for the entire meet.
Invited teams: This meet is open only to teams in West Texas and Eastern New Mexico.
Racing Start Proficiency: 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer's legal guardian to ensure compliance with this requirement.

Meet Format: In a Pentathlon Meet all swimmers swim the same 5 events. Times are then added together; the lowest total time earns first place. All swimmers are encouraged to swim all 5 events, but you may choose to do less than 5. All events will be pre-seeded timed finals.

Flyover starts may be used where appropriate.

Meet host reserves the right to adjust warm-up schedules and combine heats when needed to run the meet in a timely manner.

Entries: **Limit:** Each swimmer may compete in a total of five (5) individual events during the entire meet, with no more than three (3) individual events during any one day.

Entry Fees: Entry fee is \$35.00 per swimmer. Late entries & deck entries are \$45 per swimmer. Make checks payable to LSC (Lubbock Swim Club).

Entry Times: Entry times must be submitted in 100ths of seconds. All entry times must be current times, provable in the USA Swimming SWIMS database. Teams will be notified of any issues or exceptions with their entries or registrations.

Deck Entries: Deck entries will be accepted until 8:30 am. Swimmers must have proof of current USA Swimming membership. Entries will be accepted for empty lanes only. New heats will not be created. Scratches should be submitted to the Clerk of Course.

Deadline: All entries must be submitted by Thursday September 18, 2025. Entries must be submitted with Hy-Tek compatible entry files by email. Entry fees can be mailed prior to the meet or turned in the morning of the meet at Clerk of Course. Teams entering more than 10 swimmers must submit their entries via electronic file or pay a \$50 processing fee.

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Awards:

- **High Point Awards:**
 - 1st, 2nd, and 3rd place will be awarded to the top boy and girl in each age group:
 - 8 & Under
 - 9–10
 - 11–12
 - 13–14
 - 15–16
 - 17 & Over
 - Rankings are determined by the **lowest combined time of all five events** in the Pentathlon.
 - To be eligible, swimmers **must complete all five designated events** for their age group.
 - A disqualification (DQ) in any event will make the swimmer **ineligible for awards**.
 - Swimmers may enter a mix of distances if they wish, but doing so makes them **ineligible for high point awards**.
- Designated Events for High Point
 - **8 & Under:** 25 of each stroke + 100 IM
 - **9–10:** 50 of each stroke + 100 IM
 - **11–12:** 50 of each stroke + 100 IM
 - **13–14:** 100 of each stroke + 200 IM
 - **15 & Over:** 100 of each stroke + 200 IM

Team Awards: No team awards will be presented.

Heat Sheets: Heat sheets will be available for purchase at the front desk at Pete Ragus.

Concessions: Concessions **will not be** available at this meet.

Hospitality: A hospitality room will be available for coaches, officials, and volunteers.

	Friday September 26, 2025	
Girls	Events	Boys
1	8-under 25 Fly	2
3	14-Under 50 Fly	4
5	Open 100 Fly	6
7	8-under 25 Free	8
9	14-Under 50 Free	10
11	Open 100 Free	12

	Saturday September 27, 2025	
Girls	Events	Boys
13	8-under 25 Back	14
15	14-under 50 Back	16
17	Open 100 Back	18
19	8-under 25 Breast	20
21	14-Under 50 Breast	22
23	Open 100 Breast	24
25	12-under 100 IM	26
27	Open 200 IM	28