



# PAC Emperor Penguin Pentathlon Meet

February 1, 2026 (Sunday)

Sanction # PVC-26-68

Hosted by:



<b>MEET DIRECTOR</b> John Venit, 301-254-7946, <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>		<b>MEET REFEREE</b> Bill McMahon <a href="mailto:wjcmahon@verizon.net">wjcmahon@verizon.net</a>		<b>ENTRIES COORDINATOR</b> Cherlynn Venit <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>	
<b>SANCTION</b>		<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-26-68</b>.</li><li>• In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatic Club, and Fairland Aquatics Center 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.</li></ul>			
<b>FACILITY</b>		<p style="text-align: center;"><b>Fairland Aquatics Center</b> 13820 Old Gunpowder Rd. Laurel, MD 20707 301-362-6060</p> <ul style="list-style-type: none"><li>• The pool at Fairland Aquatics Center is a 50m x 25yd pool with two moveable bulkheads. Competition will be held in 10 lanes, 25 yards, running from wall to wall.</li><li>• Eighteen (18) lanes will be used for warm-ups.</li><li>• Water depth range of 5’ – 13’ at the starting end and 5’ – 13’ at the turning end.</li><li>• The meet hosts will ensure the required course dimensions.</li></ul>			
<b>ENTRY DEADLINE</b>		<p style="text-align: center;"><b>January 20, 2026 at 11:59 p.m.</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>			
<b>SCHEDULE</b>		<p style="text-align: center;"><b>Sunday, February 1, 2026</b> <b>Session 1 - 11-12 year Old Session</b> <b>Warm-Up 7:00 AM – Events at 8:00 AM</b>  <b>Session 2 – 13 &amp; Over Session</b> <b>Warm-Up 12:00 PM – Events at 1:00 PM</b></p> <ul style="list-style-type: none"><li>• Meet Director reserves the right to adjust times/sessions after entries are received.</li></ul>			
<b>ELIGIBILITY</b>		<ul style="list-style-type: none"><li>• Open to all registered Potomac Valley Swimmers.</li><li>• No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</li></ul>			
<b>SWIMMERS WITH A DISABILITY</b>		<ul style="list-style-type: none"><li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any requested accommodations or modifications prior to competition <a href="#">NECESSARY ACCOMMODATIONS FORM</a></li></ul>			
<b>TIMING SYSTEM</b>		<ul style="list-style-type: none"><li>• Semi-automatic (buttons primary) will be used.</li></ul>			
<b>RULES</b>		<ul style="list-style-type: none"><li>• Current USA Swimming rules shall govern this meet.</li><li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a></li></ul>			

	<p>("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Deck changes are prohibited.</li> <li>• 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 or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• Operation of a drone or any other flying devices 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.</li> <li>• Dive-over starts will be used.</li> <li>• The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• Each session will be limited to no more than 350 swimmers.</li> <li>• A swimmer may enter no more than five (5) individual events.</li> <li>• Deck entries will be accepted. Entries will be accepted in empty lanes only. No new heats will be created. The athlete's member card must be shown to the meet referee for entry.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Standard seeding will be used.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Scoring for the Special Pentathlon Awards will be based on the accumulated times of the five events.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Ribbons will be awarded for Individual Events 1<sup>st</sup> – 8<sup>th</sup> place and Trophies for the top three finishers in the Pentathlon in each age group (11-12, 13-14, and 15 &amp; Up)</li> <li>• In order to be eligible for the Pentathlon Awards, swimmers must achieve a legal time in the following (5) five events:  <u>King Penguin Award</u> - 11-12 - 50 fly, 50 back, 50 breast, 50 free and 100 IM  13-14 &amp; 15 &amp; Over – 100 fly, 100 back, 100 breast, 100 free and 200 IM  <b>OR</b>  <u>Emperor Penguin Award</u> – 11-12 yr olds - 100 fly, 100 back, 100 breast, 100 free and 200 IM  13 &amp; Over – 200 fly, 200 back, 200 breast, 200 free and 400 IM </li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs will be emailed to teams and available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>PUBLICATION OF RESULTS</b>	<ul style="list-style-type: none"> <li>• By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be</li> </ul>

	accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• None.</li> <li>• No personal chairs will be allowed in the facility lobby or viewing area.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee, Starter, Chief Judge or Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Officials interested in volunteering should signup at <a href="https://formsmarts.com/form/2714">https://formsmarts.com/form/2714</a></li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups.</li> <li>• Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available.</li> <li>• A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries.</li> <li>• Two timers per lane. There will be two Head Timers.</li> <li>• An online Timer's Signup will be emailed to participating clubs.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director at <a href="mailto:patuxentswim@gmail.com">patuxentswim@gmail.com</a>.</li> <li>• Include in the subject of the email, "2026 PAC Emperor Penguin Pentathlon - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>• Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$5.00</p> <p>Individual event fee: \$7.00      Deck entry fee: \$14.00</p> <ul style="list-style-type: none"> <li>• Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct. Laurel, MD 20724</li> <li>• Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. A certified USA-S coach must also be designated as the responsible coach on deck. Payment may be made by cash or check.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. A late payment fee of \$25 will be assessed 30 days after the meet.</li> </ul>

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## Session 1

9-12 year Old Session

Warm-Up 7:00 AM – Events at 8:00 AM

Girls	Events	Boys
1	11-12 50 Freestyle	2
3	11-12 100 Freestyle	4
5	11-12 50 Butterfly	6
7	11-12 100 Butterfly	8
9	11-12 50 Backstroke	10
11	11-12 100 Backstroke	12
13	11-12 50 Breaststroke	14
15	11-12 100 Breaststroke	16
17	11-12 100 IM	18
19	11-12 200 IM	20

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## Session 2

13 & Over Session

Warm-Up 12:00 PM – Events at 1:00 PM

21	13 & Over 100 Freestyle	22
23	13 & Over 200 Free	24
25	13 & Over 100 Butterfly	26
27	13 & Over 200 Butterfly	28
29	13 & Over 50 Freestyle <i>*Not a pentathlon event</i>	30
31	13 & Over 100 Backstroke	32
33	13 & Over 200 Backstroke	34
35	13 & Over 100 Breaststroke	36
37	13 & Over 200 Breaststroke	38
39	13 & Over 200 IM	40
41	13 & Over 400 IM	42