

# 12<sup>th</sup> Annual Colorado Swimming Hall of Fame Pentathlon and Ironman Swim

Sponsored by  
Chris O'Sullivan, Brothers BBQ, NUGGS Ice Cream

## Saturday, January 14, 2023 Meet Information

Sanctioned by USMS – All athletes must be USMS members and present card at check in on deck.

**Meet Director:** Andrew Harbuck

Andrew Phone. (484) 843-4314 E-mail (Preferred) [CoachAndrew@Swimdogs.net](mailto:CoachAndrew@Swimdogs.net)

Additional contact Stan Benson- Phone (720) 231-1400 E-mail [Sbenson7@msn.com](mailto:Sbenson7@msn.com)

**FACILITY** - George Washington High School, 655 South Monaco Parkway, Denver, CO  
GWHS is a 6-Lane, 25-Yard competition pool. Colorado Timing Systems touch-pads and scoreboard will be used.

**Times for this competition** will be eligible for USMS Records and Top Ten consideration but not for world records.

**Pool Length Certification** – The length of the competition course is in compliance and on file with the USMS in accordance with articles 105.1.7 and 106.2.1.

**TIMES** - Saturday, January 14, 2023 8:00 Warm-up, 9:00 Start. After the meet has been seeded, we will announce a warm-up and start time for the pentathlon portion of the meet. A warm-up/warm-down lane will be available at all times.

**AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44...100+ No awards at this meet.

**ELIGIBILITY** – Swimmers must be current members of USMS with valid membership card to compete. All Athletes must sign a USMS Waiver to participate.

**ENTRIES** – You may enter one of two ways. Online at [WWW.swimdogs.net](http://WWW.swimdogs.net) and pay via credit card Deadline for online entries is Thursday, January 12, 2023.

**OR** - via mail with Check payment: Please copy and mail to Andrew Harbuck at 5291 E. Cornell Ave., Denver, CO 80222. Deadline for mail in entries is Thursday, January 12, 2023.

**Deck entries will be allowed to within 30 minutes of the start of the meet for an additional \$5.**

**ENTRY FEES** - Flat Fee of \$30.00 for up to 6 events during the pentathlon, but most will either swim 50's and the 100 IM or 100's and the 200 IM. The 500 free will be an additional \$3.00

**One Event Registration Form** – If you are not a member of USMS, you can register for “One Event” with the form following the waiver form on the entry form. You can swim six events the same as a regular member and pay an additional \$15, which we collect and forward to COMSA – Colorado Masters Swim Association.

**There will be multiple breaks in the meet depending on number of competitors**

**Ice cream will be hosted by Chris O'Sullivan, Nuggs Ice Cream, 5135 East Colfax.**

**Proceeds will fund the Colorado Swimming Hall of Fame, George Washington HS Swim Team and Swim Dogs. Additional contributions are Tax Deductible.**

**Entry Form Colorado Swimming Hall of Fame Pentathlon**

Name \_\_\_\_\_ Age \_\_\_\_\_

DOB \_\_\_\_\_

USMS NUMBER \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email-for updates \_\_\_\_\_

**Please enclose \$30 Entry Fee (payable to Swimdogs) for up to 6 events.**

**500 Free is a bonus event. Please include an additional \$3.00 for the 500.**

**Additional contribution for Colorado Swimming Hall of Fame (Tax Deductible)**

**\$ \_\_\_\_\_**

**Please use form to enter seed times.**

Seed Time	Women Event #	Event	Men Event #	Seed Time
	1	100 IM	2	
	3	100 Fly	4	
	5	50 Free	6	
	7	100 Back	8	
	9	50 Breast	10	
	11	100 Breast	12	
	13	50 Back	14	
	15	100 Free	16	
	17	50 Fly	18	
	19	200 IM	20	
	21	500 Free	22	