



***ANN WALTON MEMORIAL
Crawfish Aquatics Masters Pentathlon
April 6, 2024
Warm-ups 9:00AM/Events 10:00AM***

- Location:** **Crawfish Aquatics, 7150 Bluebonnet Blvd.
Ketcham Facility located on Jimmy Swaggart Complex**
- Timing:** **Colorado Gen7 electronic timing system with touch pads.
Secondary timing will be manual-electronic with 1 digital
watch per lane.**
- Rules:** **Short, Medium, or Long Pentathlon
Five events will be swum:
50 of each stroke and 100 IM
100 of each stroke and 200 IM
200 of each stroke and 400IM
Can swim either short or long pentathlon, or BOTH!
The challenge is to choose one of the distances to swim.
Enter the time you PREDICT you will swim. Who can be
the closest to their PREDICTED times!
NOT READY to swim all the strokes – you can chose any stroke
and start there!
EXTRA: **First 24 male/female entries for 500 Free****
- Eligibility:** **Any masters swimmer who is currently registered with a USMS
Masters swim team. This is a NON-Sanctioned swim meet.
We will run a clinic during the meet to show good starts, turns,
and turns to help prepare new swimmers for competition.**

Hospitality: Water, powerade and snacks provided

Entry Fee: \$10

Email entries to below email or mail to:

Nanette Fontenot

1426 Brookhollow Drive

Baton Rouge, LA 70810

Credit Card payment – additional \$1 added to payment

Checks made out to: Crawfish Aquatics

Entry

Deadline: Midnight, Wednesday, April 3, 2024

Email: crawfishfontenot@gmail.com

Name _____ Age _____ Sex _____

Date of Birth _____ Address _____

City/State/Zip _____ Email _____

Phone # _____

Team Name _____ Abbreviation _____

Signature _____ Date _____

Credit Card Payment

Name on Card Credit Card Number _____

Expiration Date _____ CCV# _____

Additional \$1 for all credit card payment



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Meet Entry Form***

Saturday, April 6, 2024 –10:00 a.m.

W	M	Event	Seed Time
<i>1</i>	<i>2</i>	<i>50 Fly</i>	
<i>3</i>	<i>4</i>	<i>100 Fly</i>	
<i>5</i>	<i>6</i>	<i>200 Fly</i>	
<i>7</i>	<i>8</i>	<i>50 Back</i>	
<i>9</i>	<i>10</i>	<i>100 Back</i>	
<i>11</i>	<i>12</i>	<i>200 Back</i>	
<i>13</i>	<i>14</i>	<i>50 Breast</i>	
<i>15</i>	<i>16</i>	<i>100 Breast</i>	
<i>17</i>	<i>18</i>	<i>200 Breast</i>	
<i>19</i>	<i>20</i>	<i>50 Free</i>	
<i>21</i>	<i>22</i>	<i>100 Free</i>	
<i>23</i>	<i>24</i>	<i>200 Free</i>	
<i>25</i>	<i>26</i>	<i>100 IM</i>	
<i>27</i>	<i>28</i>	<i>200 IM</i>	
<i>29</i>	<i>30</i>	<i>400 IM</i>	
<i>31</i>	<i>32</i>	<i>500 Free</i>	

Special Awards

Fastest overall Male/Female in Short, Medium, and Long Pentathlon

Distance per 10 year age group:

18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Special award to person closest to predicted overall time for Short, Medium, and Long Pentathlon

IRONMAN Award to anyone who 200/400IM PLUS the 500 Free

Superman/Superwoman Award for swimming event (all three pentathlon distances) plus the 500 Free.

Lunchtime social event to follow