CINCINNATI AQUATIC CLUB PENTATHLON
Saturday, October 27, 2007

The Pentathlon has a different format than most invitational meets. In additional to receiving awards for the top six top finishes in each event, ribbons will also be given to the top six finishers in each age group based on combined times in all five events offered to each age group.

All Seahawks should attend this meet. This is an important opportunity to establish baseline times in all events, so we can measure progress over the season. New swimmers need to attend this meet to establish times so they can be entered in subsequent meets with accurate times, rather than "no time." **All CAC athletes will be entered in all events offered in their age group.**

EVENTS OFFERED IN EACH AGE GROUP:

8 & under	**25 yard free, back, fly, breast plus the 100 IM**
9-10	**50 yard free, back, fly, breast plus the 100 IM**
11-12	**50 yard free, back, fly, breast plus the 100 IM**
13 & over	**100 yard free, back, fly, breast plus the 200 IM**

WARM-UP: 7:00 am* **MEET STARTS: 8:15 am**
*6:40 Flex

COST: $18.00 for all 5 events)
$2.00 Ohio Swimming, Inc. (OSI) surcharge per athlete

Please make sure you have paid all of your team and escrow fees.

Because we are hosting this meet, which is a fundraiser for our team, all families are required to supply one worker for the meet. A volunteer form is included in this information, and must be returned with the meet entry.

Please return this entry form no later than Saturday, October 6th to the plastic meet entry folder at the pool (in the back of the family folder cart) or fax to 474-WIN1 (474-9461).

Name of swimmer(s)	**Attending the Pentathlon**	
_____	**Yes**	**No**
_____	**Yes**	**No**
_____	**Yes**	**No**
_____	**Yes**	**No**