

# LAKE CHAMPLAIN WAVES SWIM TEAM

# 2026 WINTER BLAST PENTATHLON

SATURDAY, JANUARY 24, 2026

Ausable Valley Central School  
1490 Route 9N, Clintonville, NY 12924

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD26-005  
Marco Greico, General Chairman.  
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host:** Lake Champlain Waves Swim Team, Inc. (WAVE-AD)

**Place:** Ausable Valley CSD, 1490 Route 9N, Clintonville, NY 12924  
Short Course 25 Yard Pool, 6 Lanes... NO Continuous warm up pool.  
Daktronics timing system, beeper, and scoreboard.  
**The competition course has not been certified in accordance with 104.2.2C(4).**

**Pool Depths:** Depth of Pool at One (1) Meter 10' and Five (5) Meters 10' from Start End of Pool.  
Depth of Pool at One (1) Meter 3'6" and Five (5) Meters 3'6" from Turn End of Pool.

**Time:**

	Age Groups	Warm-up	Meet Start	Positive Check-In Deadline
Session 1	All	11:00 AM	12:00 PM	By 11:30 AM

**Meet Director:** Jon Parks [headcoach@lakechamplainwaves.org](mailto:headcoach@lakechamplainwaves.org) (518) 565-6080

**Meet Entry Coordinator:** Andy Johnson [apjohnson20@gmail.com](mailto:apjohnson20@gmail.com) (518) 578-1996

**Meet Referee:** Stephen Plapp [SEPlapp@comcast.net](mailto:SEPlapp@comcast.net) (904) 994-1110

## Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **January 24, 2026**.  
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.  
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and emailed to the Meet Entry Coordinator.  
Entries must be submitted via e-mail to: [apjohnson20@gmail.com](mailto:apjohnson20@gmail.com)  
**Team entries must be received** by the Meet Entry Coordinator by **Friday, January 16, 2026**.  
Please be certain you receive a reply confirming receipt of your entries within 48 hours.  
Swimmers may enter up to six (6) individual events. (5 pentathlon events and a maximum of one (1) time trial event)

**If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.**

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4 A 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 without the use of the backstroke ledge. 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.

## USA Swimming Registration:

**No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302**  
All registrations are completed using the USA Swimming Online Member Registration (OMR) system.  
Refer to the AD web site, "USA-S Registrations" page for information.  
Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.  
Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in the meet.  
AD swimmers must have Confirmed Birthdates to swim age specific events.  
Legal ID must be sent to the LSC Registrar for new members or members new to AD.  
Direct registration questions to the Adirondack Registrar, Bill Faucett [office@adirondackswimming.org](mailto:office@adirondackswimming.org)

## Swimming Events:

**Positive Check-in will be required for ALL EVENTS, by the deadline for each session.**  
Any Swimmer not checked in by the Positive Check-in Deadline will be scratched.  
All events will be swum as timed finals.  
5-minute breaks between events may be added to any session.  
We will be using Flyover starts for this meet. Please inform your swimmers prior to the meet.

**Scratches:** No refunds will be issued for scratched swimmers.

### **Warm-Ups:**

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area.

### **Timers:**

Clubs will be required to provide timers based upon their number of entries  
Lane assignments will be posted to the Adirondack Swimming website ([www.adirondackswimming.org](http://www.adirondackswimming.org)) and in the meet program.

### **Bull Pen:**

Swimmers who are 8 & Under will line up in the bullpen area for the 25-yard events only.

### **Deck Entries:**

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

1. Deck Entries are NOT Allowed during Championship Meets
2. Athletes must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable form of Proof of Registration is: Member Card from USA Swimming app
3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are subject to a \$1.00 Surcharge, per entry, which applies to all entries, individual or relays

### **Meet Policy:**

Use of Audio or Visual Recording Devices, including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

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.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity, and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions. Each team is responsible for supervising its members.

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.

### **Services:**

Food will be on sale throughout the meet and should be eaten in the designated areas.

A meet program will be available, which will cover all sessions.

Smoking is NOT permitted in the building.

Parents, Coaches, and Swimmers are not to bring glass containers of any kind into the pool area.

### **Disabled Athletes:**

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

### **Entry Fees:**

**\$6.50 per individual event for each session // \$2.00 per swimmer surcharge**

An entry summary sheet is included to compute your team entry fees.

The entry fees include the \$.50 AD travel fund surcharge.

**ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.**

Make your entry check payable to **LAKE CHAMPLAIN WAVES SWIM TEAM** and mail your check and entry summary sheet to the **Meet Director**. Entries will be entered to the meet upon receipt of your check.

### **Photographers:**

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

Swimmers' families, taking photos of their children from the spectator area, are not subject to this policy. *Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.*

### **Awards:**

Individual event ribbons will be awarded to 1<sup>st</sup> through 6<sup>th</sup> place.

A Pentathlon award will be awarded to each age group swimmer (8&Under, 9-10, 11-12, 13-14 and 15&Over) with the **lowest combined time for all 5 events**. To be eligible for the pentathlon awards, swimmers must complete all 5 events without disqualification.

A surprise will be awarded to **ALL** Heat Winners.

**Scoring:**

Individual Pentathlon scores will be determined by the total combined time for all 5 events. Swimmers must swim all 5 events without disqualification to be eligible for individual pentathlon awards.

Team scores will be completed using USA Swimming rules.

**Time Trials:**

Time trials are available upon request, provided there is time available, and upon the approval of the meet referee. Time trials will be conducted after Session 1. Swimmers must provide their own timers and lap counters for time trials. Time Trial requests must be submitted to the meet entry coordinator during the positive check-in period. Request must include event and entry time (coaches time estimate allowed). Time trial entry fee is **\$7.50**.

**Officials:**

There will be an Official's meeting conducted promptly 30 minutes before each session.

Attendance is MANDATORY to work the meet.

Please sign up in the Official's room before the start of the Official's meeting.

**If you have any questions, please contact the Meet Director or Meet Referee listed on the first page.**

**Hotel Accommodations:**

- [Comfort Inn & Suites Plattsburgh – Morrisonville](#)  
411 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 907-4562**
  
- [Hampton Inn & Suites Plattsburgh](#)  
586 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 324-1100**
  
- [Days Inn by Wyndham Plattsburgh](#)  
406 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 561-5000**
  
- [Best Western Plus Plattsburgh](#)  
446 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 561-7750**
  
- [La Quinta Inn & Suites by Wyndham](#)  
16 Plaza Blvd.  
Plattsburgh, NY 12901  
**(518) 562-4000**

# LAKE CHAMPLAIN WAVES SWIM TEAM 2026 WINTER BLAST PENTATHLON

**SATURDAY, January 24, 2026**  
Ausable Valley Central School  
Clintonville, NY

## SESSION 1 – Saturday

**WARM-UPS 11:00AM ... POSITIVE CHECK-IN BY 11:30AM ... SESSION BEGINS 12:00PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	8 & Under	25 Butterfly	2
3	9 - 12	50 Butterfly	4
5	13 & Over	100 Butterfly	6
<b>5 Minute Break</b>			
7	8 & Under	25 Backstroke	8
9	9 - 12	50 Backstroke	10
11	13 & Over	100 Backstroke	12
<b>5 Minute Break</b>			
13	8 & Under	25 Breaststroke	14
15	9 - 12	50 Breaststroke	16
17	13 & Over	100 Breaststroke	18
<b>5 Minute Break</b>			
19	8 & Under	25 Freestyle	20
21	9 - 12	50 Freestyle	22
23	13 & Over	100 Freestyle	24
<b>5 Minute Break</b>			
25	8 & Under	100 Individual Medley	26
27	9 - 12	100 Individual Medley	28
29	13 & Over	200 Individual Medley	30

**SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER SESSION**  
**\$6.50 Per Individual Event Per Athlete for ALL Athletes; \$2.00 Per Athlete Surcharge;**  
**For Manual Entries, Add \$1.00 Per Entry**

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ENTRY FEE CALCULATION SHEET

TEAM NAME \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries Positive Check-in \_\_\_\_\_ X \$6.50 = \$ \_\_\_\_\_  
Number of Swimmers (Surcharge) \_\_\_\_\_ X \$2.00 = \$ \_\_\_\_\_  
Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

Total Amount Due and Enclosed ..... \$ \_\_\_\_\_

**ENTRY DEADLINE... Friday, Jan. 16, 2026**

Email your entries to Andy Johnson: [apjohnson20@gmail.com](mailto:apjohnson20@gmail.com)

MAKE CHECKS PAYABLE TO: LAKE CHAMPLAIN WAVES SWIM TEAM

**This form must be returned with Entry Report and check to:**

Lake Champlain Waves Swim Team, Inc.  
c/o Jon Parks  
24 Myers Way  
Cadyville, NY 12918

**Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY.**

**Lake Champlain Waves Swim Team, Inc. assumes no responsibility  
for meet close-out due to late entries.**