**11th Annual Bend All-Around Meet – Information**

**Saturday, December 14, 201**

**Also including your chance to win BIG---Pentathlon Poker!**

**(details below)**

|  |
| --- |
| **Sanctioned by: Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #?****Eligibility:** Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must sign up for USMS 2019 or 2020 membership before registering for this meet. Unregistered swimmers may become 2020 members of USMS beginning November 1, 2019 and this membership will last through the end of 2020. This membership will grant you access to the Pentathlon meet online registration. Register online for USMS membership at [www.usms.org/reg/](http://www.usms.org/reg/). **Age groups:** 18-24, 25-29, 30-34, etc. Relay age groups: 72-99, 100-119, 120-159, etc. Your competition age is the age you will be as of Dec 31, 2019.**Hosted by:** Central Oregon Masters Aquatics (COMA)**Meet director:** Bob Bruce • Phone: 541-317-4851 • E-mail: coachbobbruce@gmail.com**Location:** Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR.* 25 meters
* 5-6 lanes competition (depending on entry). At least 2 lanes of continuous warm-up/down.
* Daktronics electronic timing system

**Directions to the pool:** From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.**Pool Length Compliance:** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1 but, as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent upon verification of bulkhead placement.**Schedule:** Saturday, December 14, 2019.* Warm-up: Noon
* Meet Start: 1:00 pm

**Entry Deadline:** Monday, December 9, 2019. Online registration only. **Entry Limit:** Six (6) individual events and one (1) relay (same sex or mixed) per relay event.**Check-in Deadlines:** Positive check-in is required for the 1500 free before 3:00pm. The 1500 will be limited to two heats—first priority goes to Brute Squad entrants, second priority is based on date of entry.**Relays:** Enter relays at the meet. Relay entry cards must be submitted before 3:30pm.**Entry Fee:** $25.00.  Online entries are paid by credit card to "ClubAssistant.com Events."**Awards:** * OMS ribbons for places 1-3 in individual events.
* Special Awards for swimmers who complete the Pentathlon and Brute Squad events as listed below, based upon cumulative time for the included swims.

**Pentathlon and Brute Squad:** * Short Pentathlon events include 50’s of each stroke & 100 IM.
* Medium Pentathlon events include 100’s of each stroke & 200 IM.
* Long Pentathlon events include 200’s of each stroke & 400 IM.
* Brute Squad events are 200 fly, 400 IM, & 1500 free.

**Pentathlon Poker!** Available for registered pentathlon swimmers only! We’ll draw a card at random for each legal swim for swimmers in their pentathlon events (see these above). Two hole cards, five cards possible for draw, no wild cards. At the end of the meet, the swimmer (regardless of gender or speed) holding the best poker hand in each pentathlon—Short, Medium, and Long—will receive a special, substantial prize, a bottle of wine from coach Bob’s cellar! **Order of Events:** All events will be seeded SLOW TO FAST. The meet will be paced so that swimmers should get about 30 minutes rest—maybe more—between stroke events in their pentathlon. |
|

| **#** |  | **Sex** | **Event** |
| --- | --- | --- | --- |
| 1 |  | Mixed | 200 M | Fly |
| 2 |  | Mixed | 100 M | Fly |
| 3 |  | Mixed | 50 M | Fly |
| 4 |  | Mixed | 200 M | Back |
| 5 |  | Mixed | 100 M | Back |
| 6 |  | Mixed | 50 M | Back |
| 7 |  | Mixed | 200 M | Breast |
| 8 |  | Mixed | 100 M | Breast |
| 9 |  | Mixed | 50 M | Breast |
| 10 |  | Mixed | 200 M | Free |
| 11 |  | Mixed | 100 M | Free |
| 12 |  | Mixed | 50 M | Free |
| 13 |  | Mixed | 400 M | IM |
| 14 |  | Mixed | 200 M | IM |
| 15 |  | Mixed | 100 M | IM |
| 16 |  | Mixed | 1500 M | Free |
| 17 |  | Women | 200 M | Free Relay |
| 18 |  | Men | 200 M | Free Relay |
| 19 |  | Mixed | 200 M | Free Relay |
| 20 |  | Women | 400 M | Medley Relay |
| 21 |  | Men | 400 M | Medley Relay |
| 22 |  | Mixed | 400 M | Medley Relay |
| 23 |  | Women | 800 M | Free Relay |
| 24 |  | Men | 800 M | Free Relay |
| 25 |  | Mixed | 800 M | Free Relay |
| 26 |  | Women | 200 M | Medley Relay |
| 27 |  | Men | 200 M | Medley Relay |
| 28 |  | Mixed | 200 M | Medley Relay |
| 29 |  | Women | 400 M | Free Relay |
| 30 |  | Men | 400 M | Free Relay |
| 31 |  | Mixed | 400 M | Free Relay |

 |