



**2021 Splash & Dash
Postal Sprint Pentathlon
Hosted by Albany Armada Aquatic Masters
Monday, February 1 – Sunday, February 28, 2021**



Sanctioned by the Pacific Masters for USMS Inc. Sanction #381-S002

Over the past several years Albany Armada Aquatic Masters have hosted our annual Sprint Pentathlon to kickstart the new year. In 2021 we're keeping the tradition alive by switching to an online postal format! To participate just swim and get a time for any of the five sprint events (50 Butterfly, 50 Backstroke, 50 Breaststroke, 50 Freestyle and 100 Individual Medley) within the month of February. At the event's conclusion we'll host an online event for all participants and announce award winners.

LOCATION: Events may be swum in any 25-yard or 25-meter length pool but meter-times must be converted into short-course yards. [Use this website to convert your meters times to yards.](#)

DATE: Monday, February 1, 2021 to Sunday, February 28, 2021. All events must be swum on or between these dates.

ELIGIBILITY: All participants must be age 18 or older as of the last day of the meet and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ENTRY LIMITS: You may enter as many or as few events as you like. Submit all event results online in a single entry after your events have been swum.

ENTRIES: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=2390&smid=13505

Deadline for entries: March 10, 2021 at 11:59 PM PST. No paper entries accepted - online entries only.

Your online entry is not complete until you have received a confirmation of your entry by email. If you do not receive this confirmation following your entry, please contact the Meet Director.

TIMING: A pace clock or stopwatch may be used for timing purposes. If you use a pace clock add ".99" to your documented time. For a time submitted with no tenths or hundredths, .99 second shall be added to the time submitted. The Meet Director reserves the right to remove any clearly incorrect results.

RULES:

- Events can be swum anytime during the date range listed in the "DATE" section and do not all have to be swum on the same day. You can swim the same event multiple times within the date range listed and enter your fastest time.
- Water starts are allowed but no time adjustments can be made.
- Having a Starter and Timer to collect times are recommended but not required for event entry.
- 2020 USMS Rules govern these events, including USMS Rule 102.12.1 regarding swimwear.
- Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted.
- No more than two swimmers should share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).
- Participants must follow their facility guidelines for physical distancing and COVID-19 precautions during the event. For your reference, the CDC guidelines for aquatic venues can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

- USMS starts and strokes rules apply, but we will be using the honor system. Swim fast. Swim fair.

ENTRY FEES: Flat entry fee of \$10 per swimmer for online registration. Please note: when paying by credit card, your credit card statement will reflect a charge from “ClubAssistant.com Events.”

AWARDS: Special awards to those with the fastest combined time for all five events in each age group. Awards will be mailed to recipients.

ONLINE EVENT: To celebrate our award winners and participants a Zoom event will be held at 7pm on March 24th, 2021 where award winners will be announced, and all participants will have an opportunity to chat with each other. A link to the Zoom event will be emailed to participants at the conclusion of the Postal Sprint Pentathlon on March 11th, 2021.

MEET DIRECTOR: Alex Rossbach, asrossbach@gmail.com

EVENTS:

50 Fly
50 Back
50 Breast
50 Free
100 IM

QUESTIONS: Contact Alex Rossbach at asrossbach@gmail.com