



2026 AGAC Fall Kickoff Pentathlon

Hosted by: Arroyo Grande Aquatic Club

DATES OF MEET: Saturday, September 26th, 2026
HOST TEAM: Arroyo Grande Aquatic Club
SANCTIONED BY: USA Swimming, Southern California Swimming
SANCTION #: S26-145
ENTRY DEADLINE: **Wednesday, September 16, 2026; 5:00 PM**

IMPORTANT TIMES:			
SESSION	DECK OPENS	WARM-UP	MEET START
Saturday AM	7:45 AM	8:00 AM	9:30 AM
Saturday PM	-	1:00 PM*	2:00 PM*

** If entries exceed the 4-hour rule, the meet will be split into a Sunday AM "Age Group" & Sunday PM "Novice" session.*

ADDRESS: Arroyo Grande High School, 495 Valley Road, Arroyo Grande, CA, 93420.

COURSE: The pool is a 33-meter by 25 yard, 13-lane outdoor heated pool. Up to 10 lanes will be used for the competition and 3-4 lanes will be used for continuous warm-up/warm down. The competition pool at the Start and Turn End is 13 ft deep in Lane 1 and 7 ft deep in Lane 10. OMEGA track start wedges with RBD (reaction time) platforms will be used on the starting blocks & Spectrum backstroke wedges will be used. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming.

Ample deck space is available for canopies and seating, bleachers will be available for spectators. The areas behind the starting blocks & coaches tables will be limited to athletes, coaches, officials & timers. Bring tie-downs and weights to secure your canopies/structures.

TIMING SYSTEM: Automatic timing (OMEGA touchpads + 2 backup buttons & stopwatch) will be used.

MEDICAL SUPERVISION: STSC-certified coaches and officials on deck, AED & backboard available. For emergencies, dial '911'. Closest hospital is Arroyo Grande Community Hospital, 345 S Halcyon Road, Arroyo Grande, CA 93420 (0.9 miles from pool).

WARM-UP PROCEDURES: All lanes will be open for 2026 or 2027 USA Swimming Member Coach supervised warm-up between 8:00-9:20 AM. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned and will open upon request at the Meet Referee's discretion. The pool will close 10 minutes before the start of the session. All swimmers must use 3-point, slide-in entries into the pool during warmup, no jumping or diving.

MEET REFEREE: The meet referee, Ernie Peterson, shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee (erniep@kcienv.com).

RULES:

- USA Swimming rules will govern the meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.
- Swimmers must swim in their actual age group as determined by the age on the first day of the meet (September 26, 2026). Swimmers must be at least 5 years old by this date to enter.
- All coaches and officials on deck must complete the CDC or NFHS Concussion course and must be in current good standing with USA Swimming in order to perform coaching duties at the meet. All coaches and officials on deck must complete the CANRA Mandatory Reporting course.

RECORDING DEVICES & MEDIA NOTICE: The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

DRONES: 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted at this meet for 12-Under swimmers. Please see the Tech Suit Policy on the SCS website: www.socalswim.org

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

ELIGIBILITY: Open to athletes who hold a 2026 or 2027 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. All athletes 18 years & older must complete the free, online Athlete Protection Training prior to the meet in order to compete: www.usaswimming.org/apt. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rules and Regulations.

CHANGE OF AFFILIATION: Club transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible for completing the Club Transfer process online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be the best recorded times short course yards or long course meters from this or the preceding swim season (NO workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. "NT" (no time) entries are permitted.

ENTRY LIMIT: Swimmers are limited to 6 individual events. Entries will be limited to meet the "4 Hour Rule". If the estimated timeline for the session exceeds 4 hours after combining genders & extending the competition course to 10 lanes, the meet will be split into 2 sessions (AM: Age Group, PM: Novice).



2026 AGAC Fall Kickoff Pentathlon

Hosted by: Arroyo Grande Aquatic Club

ENTRY PROCEDURES: Electronic Entry: Email entry (Hy-Tek entry .zip file) will be accepted ONLY when received with an attached .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for a team entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

ENTRY FEES:

- **\$6.00 for each individual event, plus a \$15.50 surcharge per swimmer.**
- **OUTREACH ATHLETES: The Outreach athlete entry fee is a \$15.00 flat fee. Coaches entering any qualified Outreach athletes in this meet must notify the Admin Official when sending their team entry report and file, listing the athlete's name.**

Entry fees must accompany each individual entry. NO REFUNDS. Returned checks will incur a service fee per SCS policy.

MAKE CHECKS PAYABLE TO: ARROYO GRANDE AQUATIC CLUB

EMAIL ENTRIES TO: meetadmin@agacswim.org

MAIL TEAM PAYMENT TO: AGAC c/o Kevin Virnig
P.O. Box 1825
Pismo Beach, CA 93448

ENTRY DEADLINE: **Entries must be received by the meet processor NO LATER THAN 5:00 PM WEDNESDAY, SEPTEMBER 16th, 2026.** If the meet fills to the "4 Hour Rule" prior to the deadline, entries will be rejected (last received, first rejected).

CHECK-IN: Check-in will be via coach check-in. Coaches will be provided a list of their entries for each session and must indicate any scratches to the Admin Official **more than 45 minutes prior to the session starting.** After the session has been closed, swimmers will be seeded into their events and not be able to scratch. There is no penalty for a "no-show" in an event.

SEEDING: All events will be seeded fast to slow. After entries close, non-conforming times will be converted for seeding purposes only. Events may be re-numbered and swum as mixed genders if entries permit - awards will still be separate for girls & boys.

PENTATHLON RULES: The results of the Extreme Pentathlon will take the combined times from the 100 Free, 100 Fly, 100 Back, 100 Breast & 200 IM. The results of the Sprint Pentathlon will take the combined times from the 50 Free, 50 Fly, 50 Back, 50 Breast & 100 IM. The Novice Pentathlon will take the combined times from the 25 Free, 25 Fly, 25 Back, 25 Breast & 25 Kick. A Disqualification (DQ) or No Show (NS) from an event disqualifies the athlete from the pentathlon. Athletes are permitted to mix events from different pentathlons (i.e. 50 Free + 100 Fly) but they will not be eligible for pentathlon awards if they do not compete in all 5 pentathlon events.

AWARDS: Ribbons for 1st through 6th place will be awarded for the following age groups: 5-8, 9-10 & 11-12. Pentathlon trophies will be awarded to the top girl and boy finisher in each pentathlon in their respective age groups (listed on Page 3). The top overall girl and boy finishers in the Sprint & Extreme Pentathlons will also receive a commemorative towel.

LANE TIMING: Clubs will be assigned lanes for timing based on the number of entrants. Please have parents/volunteers available to time throughout the meet.

MEET CONTACTS:

MEET DIRECTOR: Kevin Virnig
(Contact for further information) kevin@agacswim.org

MEET REFEREE: Ernie Peterson
erniep@kcienv.com

ADMIN OFFICIAL: Amy Sage
sageswimevents@gmail.com

**USA SWIMMING
MEET 360:**

- Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.
- During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.
- Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.
- 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.
- Current USA Swimming rules, including the current Minor Athlete Abuse Prevention Policy govern this meet.



2026 AGAC Fall Kickoff Pentathlon

Hosted by: Arroyo Grande Aquatic Club

Girls	Order of Events		Boys
Event #	Age Group	Event	Event #
1	7 & OVER	100 Yd Freestyle	2
3	5 & OVER	50 Yd Freestyle	4
5	5-12	25 Yd Freestyle*	6
7	7 & OVER	100 Yd Butterfly	8
9	5 & OVER	50 Yd Butterfly	10
11	5-12	25 Yd Butterfly*	12
13	7 & OVER	100 Yd Backstroke	14
15	5 & OVER	50 Yd Backstroke	16
17	5-12	25 Yd Backstroke*	18
19	7 & OVER	200 Freestyle	20
21	5-12	25 Yd Kick*	22
23	5 & OVER	50 Yd Breaststroke	24
25	7 & OVER	100 Yd Breaststroke	26
27	5-12	25 Yd Breaststroke*	28
29	5 & OVER	100 Yd Individual Medley	30
31	7 & OVER	200 Yd Individual Medley	32

Swimmers may enter up to 6 events.

* 25 Yd Events are intended for Novice level swimmers only.

Coaches, please use your best judgement when entering athletes into these events.

Fall Kickoff Pentathlon Options

Swimmers are encouraged (but not required) to enter all 5 events in a specific pentathlon. Pentathlon options are:

Extreme Pentathlon

100 Free	(Event 1/2)
100 Fly	(Event 7/8)
100 Back	(Event 13/14)
100 Breast	(Event 25/26)
200 IM	(Event 31/32)

Sprint Pentathlon

50 Free	(Event 3/4)
50 Fly	(Event 9/10)
50 Back	(Event 15/16)
50 Breast	(Event 23/24)
100 IM	(Event 29/30)

Novice Pentathlon

25 Free	(Event 5/6)
25 Fly	(Event 11/12)
25 Back	(Event 17/18)
25 Kick	(Event 21/22)
25 Breast	(Event 27/28)

Pentathlon Awards

Pentathlon results are determined by the combined overall time for all 5 events.

Awards will be given to the top girl & boy finisher for each pentathlon for the following age groups:

10 & Under (Novice: 8&U)

11-12 (Novice: 9-10)

Overall (All Ages)

Overall Sprint & Extreme Pentathlon winners will also receive a special towel!

Extreme Pentathlon winners will be added to the champions list below.

Past Extreme Pentathlon Champions

Girls Champions

Year	Name	Club	Time
2025	Tessa Jones	AGAC	6:56.20
2024	Gracie Dean	ACE	6:37.46
2023	Kylie Bell	PUMA	6:37.80

Boys Champions

Year	Name	Club	Time
2025	Camilo Vargas	AGAC	5:33.03
2024	Max Tuggle	AGAC	5:44.55
2023	Damian Nerling	SLOS	5:43.26