

3rd-Annual Rob Curry Pancake Pentathlon

Hosted by: Swim Out and Lake Gators Swim Club

This annual event is an homage to Rob Curry, who passed away unexpectedly in May 2024. Rob Curry was very active in Swim Out since its inception in 2019, and was the very first person to join it after its founder. He was also the first person to compete as a Swim Out competitor, became a coach, and was the president of the club since 2023. He was also an active member of the LGBTQIA+ community, a member and friend of many local Orlando groups. Above all, he was a great friend to those who knew him, who will be missed, and we can't think of a better way to honor him than to continue his legacy with this event.

Short-Course Yards Meet

Sanctioned by the Florida LMSC for USMS, Inc.

DATE & TIME: Saturday, September 19, 2026. Warm-up 9:00 am ET; 10:00 am Start

FACILITY: National Training Center pool, 1935 Don Wickham Dr., Clermont, FL 34711 - Outdoor, 25-yard lengths (SCY). There will be 6 competition lanes and additional lanes for warm-up/cool-down.

POOL LENGTH CERTIFICATION: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. *(Revised August 12, 2026)*

TIMING SYSTEM: Electronic timing using Colorado console (primary: automatic) backed up by buttons (secondary: semi-automatic) and stopwatches (tertiary). Times from this competition will be eligible for USMS record and USMS Top 10 consideration.

ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older, 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. All persons holding a 2026 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate. USMS membership link: <https://www.usms.org/join>

AGE-DETERMINING DATE: The swimmer's age group is determined by their age on the last day of the meet. Individual event age groups are 18-24, 25-29, 30-34, 35-39, 40-44, ... in five year increments.

ENTRIES and DEADLINES: Meet entry fee is \$50.00. Late entries or deck entries will NOT be accepted. NO paper entries accepted (online only). Entry fees are NOT refundable.

WEB ENTRY: Entry deadline is **Monday, September 14 at 5:00pm EDT.**

Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=2701&smid=22247

ENTRY LIMITS: The maximum number of events per day that a participant may enter is five (5).

Pentathlons:

Sprint Class: Events # 1, 4, 7, 11, & 14

Middle Distance Class: Events # 2, 5, 8, 12, & 15

Endurance Class: Events # 3, 6, 9, 13, & 16

Note: You do not have to swim a pentathlon; it is ok to mix and match individual events.

Session 1: Butterfly

#01 50 Butterfly < Sprint Class

#02 100 Butterfly < Middle Distance Class

#03 200 Butterfly < Endurance Class

[5 min break]

Session 2: Backstroke

#04 50 Backstroke < Sprint Class

#05 100 Backstroke < Middle Distance Class

#06 200 Backstroke < Endurance Class

[10 min break]

Session 3: Breaststroke

#07 50 Breaststroke < Sprint Class

#08 100 Breaststroke < Middle Distance Class

#09 200 Breaststroke < Endurance Class

[15 min break]

Session 4: Relay #1 (Exhibition Only)

#10 4 x 50 Freestyle Relay

Session 5: Freestyle

#11 50 Freestyle < Sprint Class

#12 100 Freestyle < Middle Distance Class

#13 200 Freestyle < Endurance Class

[5 min break]

Session 6: Individual Medley

#14 100 Individual Medley < Sprint Class

#15 200 Individual Medley < Middle Distance Class

#16 400 Individual Medley < Endurance Class

[10 min break]

Session 7: Relays #2 and #3 (Exhibition Only)

#17 4 x 50 Medley Relay

#18 4 x 50 Wacky Fun Relay

SEEDING AND CHECK-IN: Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.

PANCAKES: Served to participants & guests throughout the meet by volunteers free of charge.

AWARDS: Swim all 5 events in a pentathlon class (Sprint: 50 each stroke & 100 IM; Mid-Distance: 100 each stroke & 200 IM; Endurance: 200 each stroke & 400 IM) without disqualification to be eligible for an award given to the swimmer with the highest point in each age group and gender.

SPLIT REQUESTS: Split requests may be requested in writing by the swimmer per USMS rules noted on the [USMS split notification form](#). Times will be taken from the automatic (primary) timing system where available. Split request forms must be submitted to the Meet Referee by the end of the meet, except for backstroke split requests which must be submitted PRIOR to the swim.

RELAYS: Three (3) exhibition relays will take place. Note these are exhibition only and will not be recorded by USMS.

HEAT SHEET: Will be posted at the meet and will also be available at swimout.org and lakegators.com

HOST HOTEL: [Home2Suites by Hilton Clermont](#) (click for special rates)

RESULTS: Posted on the [Southeast Zone website](#)

SPONSORSHIP LINKS:

If you'd like to donate to the event as a sponsor, you are welcome to. There are two levels of monetary donation:

- **Gold Level:** minimum donation \$250
 - https://swimout.org/Meet_Sponsor_Gold
- **Silver Level:** minimum donation \$100
 - https://swimout.org/Meet_Sponsor_silver

VOLUNTEER LINKS:

If you'd like to personally volunteer your time we can use you!

<https://www.signupgenius.com/go/20F0D4EA4A62BA7F94-64532298-volunteers>

MEET DIRECTORS:

Cindi Wood, Lake Gators Swim Club, CoachCindi@lakegators.com

Joe Clauson, Swim Out, meetinfo@swimout.org

Meet Referee: Tere DeMoss

Meet Admin: Quinn Sampson, [Accurate Swim Timing](#)

Meet Course: 25 Yards

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

Session 1 - Butterfly

#	Sex	Event
1	Mixed	50 Y Fly
2	Mixed	100 Y Fly
3	Mixed	200 Y Fly

Session 2 - Backstroke

#	Sex	Event
4	Mixed	50 Y Back
5	Mixed	100 Y Back
6	Mixed	200 Y Back

Session 3 - Breaststroke

#	Sex	Event
7	Mixed	50 Y Breast
8	Mixed	100 Y Breast
9	Mixed	200 Y Breast

Session 4 - Relays (Exhibition)

#	Sex	Event
10	Mixed	200 Y Free Relay

Session 5 - Freestyle

#	Sex	Event
11	Mixed	50 Y Free
12	Mixed	100 Y Free
13	Mixed	200 Y Free

Session 6 - Individual Medley

#	Sex	Event
14	Mixed	100 Y IM
15	Mixed	200 Y IM
16	Mixed	400 Y IM

Session 7 - Relays (Exhibition)

#	Sex	Event
17	Mixed	200 Y Medley Relay
18	Mixed	(Wacky Fun Relay) 200 Y Free Relay