

Cuda Pentathlon Award

Awarded to one female and one male swimmer from the age groups of 12 & Under and 13 & Older whose cumulative time in the following events in the fastest in the team:

- 12 & Under events: 100 Fly, 100 Back, 100 Breast, 200 IM & 4/500 Free
- 13 & Older events: 200 Fly, 200 Back, 200 Breast, 400 IM, 1500/1650 Free

Past Winners

<i>Short Course</i>					<i>Long Course</i>				
	<i>Girls</i>		<i>Boys</i>			<i>Girls</i>		<i>Boys</i>	
<i>Year</i>	<i>12 & U</i>	<i>13 & O</i>	<i>12 & U</i>	<i>13 & O</i>	<i>Year</i>	<i>12 & U</i>	<i>13 & O</i>	<i>12 & U</i>	<i>13 & O</i>
2001-02	C. Murphy 12:54.34	T. Ritchie 30:02.66	Z. Gardner 17:12.14		2002	J. Lambrecht 13:04.77	M. Koenig 37:13.38		R. Terrien 35:52.06
2002-03	J. Sims 13:29.57	S. Malinski 34:20.27	Z. Gardner 14:37.96		2003	Ja Kahnke 14:09.28	R. Girard 32:23.62	Z. Gardner 14:53.28	J. O'Connor 33:16.31
2003-04	J. Sims 12:52.41	E. Bahmer 33:40.65	Z. Gardner 14:07.35		2004		R. Girard 32:10.39	Z. Gardner 14:00.38	
2004-05	J. Hechsel 13:42.71	L. Feulner 32:08.25	G. Terrien 15:43.03	Z. Gardner 35:33.93	2005	G. Berens 14:05.97	J. Sims 35:05.01	D. Prentice 15:05.91	
2005-06	S. Kraft 12:27.14	J. Sims 33:53.88	G. Terrien 14:05.44	J. Hollenback 36:19.29	2006	G. Berens 12:59.02		G. Terrien 14:21.94	
2006-07	K. Hollenback 13:43.66				2007	K. Friesz 13:27.15	Ja. Kahnke 35:08.51	G. Terrien 12:57.95	
2007-08	S. O'Brien 12:42.26	T. Wollin 33:21.98			2008	C. Duong 17:00.63	T. Wollin 35:39.05		G. Terrien 37:01.72
2008-09	K. Friesz 12:48.43	M. Gardner 35:11.01		Z. Gardner 32:17.83	2009		K. Friesz 38:14.12		G. Terrien 34:44.41
2009-10					2010				