



Pacific Northwest Swimming
2010 10&U Pentathlon - Sanction #1003-SP06
Hazen High School Pool
Renton, Washington
Hosted by the Bellevue Club Swim Team

Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULE	THIS IS A SINGLE-SESSION MEET
Date	Sunday, March 14, 2010
Coaches' Meeting	7:30 AM - Coaches' packets at Clerk of Course.
Officials' Meeting	8:15 AM
Timers' Meeting	8:40 AM
Warm-ups	8:00 AM – 8:50 AM
Timed Finals	9:00 AM

MEET DIRECTORS:

Jeff & Colleen Lowell

- colleenlowell@speakeasy.net
- 425-644-2297

MEET REFEREE:

Mike Howard

- howard_mi@msn.com
- 206-232-3851

LOCATION AND DIRECTIONS

Hazen High School Pool
1101 Hoquiam Ave NE
Renton, Washington

Directions: From I-405, take Sunset Blvd. Go east to 142nd Ave SE (Hoquiam Ave NE). Turn right and go to the end of the high school. Turn right into the parking lot. Pool entrance is at the end of parking lot.

FACILITY:

- 25 yard, 6-lane competitive pool
- Starting lane 6.5 feet deep; turning end 3.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- The dive tank will be closed during warm-ups and competition.
- 200-250 spectator seats plus good deck space for coaches and swimmers
- Colorado timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor: none
- Heat Sheets: \$3.00
- Results: Will be posted on www.pns.org
- Concessions: Great concessions upstairs!
- Hospitality: Coaches and officials only
- Parking: Multiple school lots - do not park in or block the neighboring church's parking lot.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.

- Age groups are based on the age of the swimmer as of the date of the meet.
- Age groups for competition will be 8&under, 9, and 10. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole-team entries will be accepted in the order received until the session reaches the four-hour limit or 200 total swimmers.
- Seeding will be SCY, LCM. NT (no time) acceptable. Converted times are not allowed.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- All USA Swimming registration numbers will be verified with the PNS registration database.

ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

Pentathlon Awards:

- Trophies 1st – 6th for each age group and gender.
- Each swimmer's times in the five pentathlon events will be added together. The swimmers in each age group and gender with the fastest combined times will receive trophies.
- A swimmer must compete in all five events in his/her age group in order to be eligible for a trophy.



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- A penalty of 2.5 seconds per 25 yards of the event's distance will be added to a swimmer's combined time for each disqualification.
- Heat winner prizes will be awarded.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Staging: All events will be staged. Swimmers should go to the staging area at the "first call" for each staged event. Swimmers not reporting to the staging area in time risk missing their event! Spectators are asked not to block entrance into the staging area.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6—pace lanes, no diving
 - Lanes 2 & 5—sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 3 & 4—general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) minutes prior to the start of competition so that Event #1 swimmers can report to the staging area.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY:

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- The dive tank will be closed at all times.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove anyone who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

OTHER NOTES:

- In granting this sanction it is understood and agreed that PNS and 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.
- Only authorized volunteers and working personnel can be in the roped-off area of the deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless an assigned meet volunteer.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.

- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Swimmers and parents: Please keep your area clean, and pick up all trash before leaving the building.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, March 3, 2010:

1. COMMLINK file exported from Team Manager, if used.
2. Meet Entry Reports for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. Meet Entry Fee Report from Team Manager—preferred—or equivalent hardcopy.
4. Master Entry Summary Form—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. Meet Entry Fees—one check payable to the Bellevue Club Swim Team Boosters.

Submittal Formats:

- Electronic files: email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- Hardcopies: mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- Disk: CD or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek ltd.com/> downloads at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Complete whole-team entries will be accepted in the order received until the session reaches the four-hour limit.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to: Jeff Lowell, 16704 SE 7th St. Bellevue, WA 98008
- Email entries to: jefflowell@speakeasy.net
- Meet Entry Contact/Questions: Jeff Lowell, 425-644-2297



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ORDER OF EVENTS

1, 2	8&U	25 back
3, 4	9	50 back
5, 6	10	50 back
7, 8	8&U	25 breast
9, 10	9	50 back
11, 12	10	50 back
13, 14	8&U	25 fly
15, 16	9	50 fly
17, 18	10	50 fly
19, 20	8&U	25 free
21, 22	9	50 free
23, 24	10	50 free
25, 26	8&U	100 IM
27, 28	9	100 IM
29, 30	10	100 IM



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MASTER ENTRY SUMMARY

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$5.00	\$
INDIVIDUAL EVENTS:		X \$3.00	\$
		TOTAL:	\$

Make one check payable to **Bellevue Club Swim Team Boosters**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

Signature of Coach or Team Representative

Date

Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.