



Pacific Northwest Swimming
 NWAC Short Course Meter Triple Pentathlon - Sanction #1004-SP03
 Vanderzicht Memorial Pool
 Oak Harbor, Washington
 Hosted by North Whidbey Aquatic Club

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

SCHEDULES	Session 1	Session 2	Session 3	Session 4	Session 5
Dates	Friday, April 30, 2010	Saturday, May 1, 2010	Saturday, May 1, 2010	Sunday, May 2, 2010	Sunday, May 2, 2010
Coaches' Meetings	3:45 p.m. Coaches' packets at Clerk of Course.	As needed	As needed	As needed	As needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	4:00-4:50 p.m.	8:00-8:50 a.m.	Immediately following conclusion of session 2	8:00-8:50 a.m.	Immediately following conclusion of session 4
Timed Finals	5:00 p.m.	9:00 a.m.	One hour after start of warm-ups	9:00 a.m.	One hour after start of warm-ups

MEET DIRECTOR:

Neil Romney

- Headcoach@oakharborpool.com
- 360-675-7665 (w)
- 360-632-4022 (c)

MEET REFEREE:

Jan Kavadas

- 425-775-5814

LOCATION AND DIRECTIONS

John Vanderzicht Memorial Pool
 85 SE Jerome Street
 Oak Harbor WA 98277

Directions: John Vanderzicht Memorial Pool

From I-5 at Burlington, take Exit 231 onto Hwy 20 west. Proceed for 25 miles into Oak Harbor. Take a left on Whidbey Avenue (4th stoplight after entering Oak Harbor). Go east 6 blocks, and take a right on Jerome. Pool is second building on your right.

FACILITY

- 25 meter, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 3.4 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- No warm-up pool
- Spectator seating in bleachers at north end
- Colorado electronic timing system
- Scoreboard: one-line readout

ONSITE AMENITIES

- **Vendor:** none
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** delicious
- **Hospitality:** for coaches and officials only

- **Parking:** in front of pool and on the street

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8u, 10u, 9-10, 11-12, 11-and-over (split into 11-12, 13-14, and 15-and-over for scoring/awards), 13-and-over (split into 13-14 and 15-and-over for scoring/awards), and open. All individual events will be seeded as mixed but split by gender for scoring/awards.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events plus two (2) relay events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- For the 12-and-under sessions, NWAC will accept entries on a whole-team basis until the four-hour limit has been met; entries for the 13-and-over sessions will be accepted until they have reached five hours in duration.
- Use SCY times only for entry purposes (select "YO" entry option in Team Manager under "Course").
- On-deck USA Swimming or other 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 or team points. 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 or other appropriate athlete registration 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.**



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ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- Relay: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** with the exception of Friday's 10-and-under 200 freestyle, all other sessions will be scored as a pentathlon within a given age group. 11-and-over events will be split out according to age (11-12, 13-14, 15-and-over) for awards. 13-and-over events will also be split out according to age (13-14, 15-and-over) for awards. Individual event ribbons will be awarded to the top six boys and top six girls per age group. Pentathlon medals will be awarded to the top three boys and top three girls per age group based on cumulative time.
- Double/triple pentathlon winners for each age group will be awarded based on cumulative time. Double pentathlon winners for the 10u division and triple pentathlon winners for the other age groups will be awarded trophies.
- Swimmers who are disqualified in a particular event will remain eligible for pentathlon awards but will be assessed a 2.5-second penalty per 50 meters of race distance for each disqualified event.
- Friday night's 10-and-under 200 freestyle is a stand-alone event that will not be included in pentathlon scoring; top six boys and girls in that event will be awarded ribbons.
- **Relay events:** the top six relay teams for each event will be awarded ribbons.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be swum slowest to fastest in event number order.
- No diving at shallow end of pool.

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.
- 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.
- 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 any swimmer, coach, or club 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 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 on in the roped-off meet operations part of the deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- 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 or of a FINA member covered by USA Swimming's "open border" policy shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy.
- 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.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, April 21, 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 NWAC

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.



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- **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.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Whole team entries will be processed in order received until any 12-and-under session exceeds the four-hour limit; further entries will be accepted for the others until they reach five hours.
- 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.

- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- 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:
*Vikki Robinson
85 SE Jerome Street
Oak Harbor, WA 98277
360-679-1882 (home), 360-675-7665 (pool)*
- Email entries to: *vikkidszoo@msn.com*
- Meet Entry Questions: *Vikki Robinson or Neil Romney*



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Events

Event # Description

Session 1--Friday p.m.

- 1 Open mixed 800 free relay
- 2 10u mixed 200 free
- 3/4 11-and-over girls/boys 50 fly
- 5/6 11-and-over girls/boys 50 back
- 7/8 11-and-over girls/boys 50 breast
- 9/10 11-and-over girls/boys 50 free
- 11/12 11-and-over girls/boys 100 im

Session 2--Saturday a.m.

- 13 12u mixed 200 free relay
- 14 8u mixed 50 fly
- 15 9-10 mixed 50 fly
- 16 11-12 mixed 200 fly
- 17 8u mixed 50 back
- 18 9-10 mixed 50 back
- 19 11-12 mixed 200 back
- 20 8u mixed 50 breast
- 21 9-10 mixed 50 breast
- 22 11-12 mixed 200 breast
- 23 8u mixed 50 free
- 24 9-10 mixed 50 free
- 25 11-12 mixed 200 free
- 26 8u mixed 200 im
- 27 9-10 mixed 100 im
- 28 11-12 mixed 400 im
- 29 12u mixed 200 free relay

Session 3--Saturday p.m.

- 30 Open mixed 400 free relay
- 31/32 13-and-over girls/boys 100 fly
- 33/34 13-and-over girls/boys 100 back
- 35/36 13-and-over girls/boys 100 breast
- 37/38 13-and-over girls/boys 100 free
- 39/40 13-and-over girls/boys 200 im
- 41 Open mixed 400 medley relay

Event # Description

Session 4--Sunday a.m.

- 42 12u mixed 400 free relay
- 43 8u mixed 25 fl
- 44 9-10 mixed 100 fly
- 45 11-12 mixed 100 fly
- 46 8u mixed 25 ba
- 47 9-10 mixed 100 back
- 48 11-12 mixed 100 back
- 49 8u mixed 25 breast
- 50 9-10 mixed 100 breast
- 51 11-12 mixed 100 breast
- 52 8u mixed 25 free
- 53 9-10 mixed 100 free
- 54 11-12 mixed 100 free
- 55 8u mixed 100 im
- 56 9-10 mixed 200 im
- 57 11-12 mixed 200 im
- 58 12u mixed 400 medley relay

Session 5--Sunday p.m.

- 59 Open mixed 200 free relay
- 60/61 13-and-over girls/boys 200 fly
- 62/63 13-and-over girls/boys 200 back
- 64/65 13-and-over girls/boys 200 breast
- 66/67 13-and-over girls/boys 200 free
- 68/69 13-and-over girls/boys 400 im
- 70 Open mixed 200 medley relay



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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	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **NWAC**

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc. or of a FINA member covered by USA Swimming's "open border" policy.

 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.



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