

# GOLDEN WEST SWIM CLUB PUMPKIN PENTATHLON

DATE OF MEET:

Friday, October 18 & Sunday, October 20, 2019

Sanctioned by:  
Sanction Number:  
Sponsored by:

USA Swimming and SCS  
S19-253  
GOLDEN WEST SWIM CLUB  
Orange Committee

ENTRIES RECEIVED BY 5:00PM:

**October 9, 2019 (WEDNESDAY)**

WARM UP TIME: 4:00 PM, 7:30 AM (Friday/Sunday)  
MEET START TIME: 5:00 PM, 9:00 AM (Friday/Sunday)

**The afternoon Session will begin no sooner than 1:00 pm or 45 minutes after the conclusion of the Morning Session.**

**POOL:** GOLDEN WEST COLLEGE POOL, 15744 GOLDENWEST STREET, HUNTINGTON BEACH, CA.

**COURSE:** GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course with bulkhead in position has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Dimensions at Start end = 9', Turn end = 8.5'.

**WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

**MEET REFEREE:** Jerry Caldwell shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to [gerardcaldwell@gmail.com](mailto:gerardcaldwell@gmail.com)

**SPECIAL NOTICE:** SWIMMERS MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY. Golden West Swim Club will limit entries to meet the "4 hour" rule for each session. THIS MEET IS OPEN TO ALL SCS ORANGE COMMITTEE MEMBERS and LBSH. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

**RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2019 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. THE FIRST FOUR EVENTS OF EACH SESSION WILL CLOSE 30 MINUTES PRIOR TO THE START OF THAT SESSION. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on **October 18, 2019**. All coaches and officials on deck must complete the CDC of NFHS Concussion course.

#### RECORDING DEVICES

**& MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, IS 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. The meet may be covered by the media, including photographs, video, web casting 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.

**DECK CHANGES:** Deck changes are prohibited.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. "Tech" suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet. Please see the Tech Suit Policy on the SCS Website.

#### 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.

**ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2019 or 2020 USA Swimming members. SCS athletes must be members of the Orange Committee or LBSH to be eligible for entry into this meet. Registration application must be received by **OCTOBER 18, 2019** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in the SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (within 30 days of their 18<sup>th</sup> birthday) in order to compete.

#### CHANGE OF AFFILIATION:

Before the meet, a swimmer may change affiliation by submitting a Club Transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

#### SUBMITTED

**TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, non-conforming times will be converted by meet admin for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

**AWARDS:** All swimmers must enter all 5 events except 5/6 swimmers must enter all 4 events. SCORES ARE BASED ON CUMULATIVE TIMES: LOWEST SCORES WIN. Penalty time will be added for the following: DQ's: 5 minutes, Declared False Starts: 8 minutes, Scratches and No Shows: 9 minutes. **5/6, 7/8, 9/10, 11/12, 13/14 and 15 & Up will be awarded Ribbons 1<sup>st</sup> - 8<sup>th</sup>. All heat winners will receive a pumpkin.**

**ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry.** Relays are \$10.00 per relay team entered and is due and payable on deck at the meet. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .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 an e-mail entry must be postmarked within 48 hours of the e-mail 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 (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

**ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00 PM, WEDNESDAY, OCTOBER 9, 2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

**NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL:	DIVANJ@COX.NET
MAIL TO:	JUDI DIVAN
	33561 Calle Miramar
	San Juan Capistrano, CA 92675

For further meet Information email: [Tracymaure60@gmail.com](mailto:Tracymaure60@gmail.com) Receipt of entry will not be verified by phone or email.

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.

# GOLDEN WEST SWIM CLUB PUMPKIN PENTATHLON

Date of Meet: October 18 & 20, 2019

ENTRIES RECEIVED BY 5:00 PM: **October 9, 2019 (Wednesday)**

PLEASE NOTE: FRIDAY AND SUNDAY MEET DAYS - NO SATURDAY

**Times submitted must be Best Recorded Times short course or long course.**

**After entries close, non-conforming times will be converted by meet admin for seeding purposes only.**

GWSC WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION

The afternoon session will begin no sooner than 1:00PM or 45 minutes after the conclusion of the Morning Session

Girls      FRIDAY, OCTOBER 18, 2019    5:00PM      Boys

No.	Age	Event	No
1	7/8	100 Yard Individual Medley	2
3	9/10	100 Yard Individual Medley	4
5	11/12	100 Yard Individual Medley	6
7	13/14	200 Yard Individual Medley	8
9	15 & Up	200 Yard Individual Medley	10

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY  
ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls      SUNDAY, OCTOBER 20, 2019    9:00AM      Boys

11	9/10	50 Yard Butterfly	12
13	7/8	25 Yard Butterfly	14
15	5/6	25 Yard Butterfly	16
17	9/10	50 Yard Backstroke	18
19	7/8	25 Yard Backstroke	20
21	5/6	25 Yard Backstroke	22
23	9/10	50 Yard Breaststroke	24
25	7/8	25 Yard Breaststroke	26
27	5/6	25 Yard Breaststroke	28
29	9/10	50 Yard Freestyle	30
31	7/8	25 Yard Freestyle	32
33	5/6	25 Yard Freestyle	34

Girls      SUNDAY, OCTOBER 20, 2019    1:00PM      Boys

35	15 & Up	100 Yard Butterfly	36
37	13/14	100 Yard Butterfly	38
39	11/12	50 Yard Butterfly	40
41	15 & Up	100 Yard Backstroke	42
43	13/14	100 Yard Backstroke	44
45	11/12	50 Yard Backstroke	46
47	15 & Up	100 Yard Breaststroke	48
49	13/14	100 Yard Breaststroke	50
51	11/12	50 Yard Breaststroke	52
53	15 & Up	100 Yard Freestyle	54
55	13/14	100 Yard Freestyle	56
57	11/12	50 Yard Freestyle	58