

# PVST September Pentathlon

## September 24-25, 2016

**SANCTIONED BY:** Southern California Swimming, USA Swimming  
**SPONSORED BY:** Pleasant Valley Swim Team and Coastal Committee.  
**DATE:** SEPTEMBER 24-25, 2016  
**WARM-UP:** 8:30 AM

**SANTION No:** 16-254  
**RECEIVED BY DEADLINE:** 5:00 pm, September 14, 2016  
**START OF THE MEET:** 10:00 am

**POOL:** Adolfo Camarillo High School pool, 4660 Mission Oaks Blvd. Camarillo.

**DIRECTIONS:** From South: take 101 north, exit Flynn Rd, turn right on Mission Oaks Blvd., take second driveway on right and proceed up the hill. From North: Take 101 South, exit Santa Rosa Rd, turn left on Santa Rosa Rd, Turn left on Adolfo Rd., Turn left on Mission Oaks Blvd, take second driveway on left and proceed up the hill.

**Course:** Short Course – Pool is an outdoor pool with up to 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool depth: The competition pool is 12 ft. deep in lane 1 and 7 ft. deep in lane 10. **Glass containers & food are not allowed in pool area!**

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 8:30-9:45 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events will be sum fast to slow.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the 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 the first day of the meet. Swimmers must be at least 5 years old on August 6, 2016 to enter this meet. Timers are request to be provided by each team. Swimmers competing in the 400 IM, 500 free, and 1650 free are requested to furnish their own timers for three heats and lap counters. **Swimmers may swim a maximum of 5 events on Saturday (Pentathlon) and a maximum of 4 events on Sunday. If the timeline exceeds the "4 hour" rule the one session will be divided into two sessions with all 10 & Under swimmers & 11-12 Boys in the morning with a 9:00 am start/7:30 am warm-up. Afternoon session will start 45 minutes after the close of the morning session and will include 11-12 Girls & all 13 & Over swimmers.**

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, are 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.** This 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.

**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.

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

**RACING START CERTIFICATION:** Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY:** Open to Coastal Committee athletes who hold 2016 or 2017 USA Swimming registration. **Registration application must be received by Wednesday, September 14, 2016 at 5 pm** by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available, please submit a copy of registration with entry.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and appropriate fee to the SCS Office. At the meet, a swimmer may only UNATTCH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

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

**AWARDS:** Blue/Red/White Divisions: Awards 1-8 places for 5-8,7-10,11-12. Pentathlon awards (SATURDAY) for best 3 overall in age groups 5-6, 7, 8, 9, 10, 11, 12, 13, 14, 15 & Over

**ENTRY FEES:** \$4.00 for each individual event along with a \$10.00 surcharge **per swimmer** must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry .zip file) will be accepted ONLY when received with an attached.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 5PM, WEDNESDAY SEPTEMBER 14, 2016. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

**Make Checks payable to:** Southern California Swimming  
Email for team electronic entries only: [ericajohnson.swim@gmail.com](mailto:ericajohnson.swim@gmail.com)  
Questions: SCS Office (800)824-6206

Mail Entries to: PVST PENTATHLON c/o Erica Johnson  
321 Cuyler Harbor Drive  
Camarillo, CA 93012

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

**Reminder:**

Glass containers & food are not allowed on the pool deck!

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September 24-25, 2016

SATURDAY, September 24, 10:00 am, warm-up 8:30 am						
GIRLS EVENT #	AGE	TIME STANDARDS	EVENT	TIME STANDARDS	AGE	BOYS EVENT #
1	15 & OV 13-14	BRW	50 FREESTYLE	BRW	15 & OV 13-14	2
3	11-12	BRW	50 FREESTYLE	BRW	11-12	4
5	9-10	BRW	50 FREESTYLE	BRW	9-10	6
7	5-8	BRW	25 FREESTYLE	BRW	5-8	8
9	15 & OV 13-14	BRW	50 BREASTSTROKE	BRW	15 & OV 13-14	10
11	11-12	BRW	50 BREASTSTROKE	BRW	11-12	12
13	9-10	BRW	50 BREASTSTROKE	BRW	9-10	14
15	5-8	BRW	25 BREASTSTROKE	BRW	5-8	16
17	15 & OV 13-14	BRW	50 BACKSTROKE	BRW	15 & OV 13-14	18
19	11-12	BRW	50 BACKSTROKE	BRW	11-12	20
21	9-10	BRW	50 BACKSTROKE	BRW	9-10	22
23	5-8	BRW	25 BACKSTROKE	BRW	5-8	24
25	15 & OV 13-14	BRW	50 BUTTERFLY	BRW	15 & OV 13-14	26
27	11-12	BRW	50 BUTTERFLY	BRW	11-12	28
29	9-10	BRW	50 BUTTERFLY	BRW	9-10	30
31	5-8	BRW	25 BUTTERFLY	BRW	5-8	32
33	15 & OV 13-14	BRW	100 I.M.	BRW	15 & OV 13-14	34
35	11-12	BRW	100 I.M.	BRW	11-12	36
37	9-10	BRW	100 I.M.	BRW	9-10	38
39	5-8	BRW	50 FREESTYLE	BRW	5-8	40

SUNDAY, September 25, 10:00 am, warm-up 8:30 am						
GIRLS EVENT #	AGE	TIME STANDARDS	EVENT	TIME STANDARDS	AGE	BOYS EVENT #
41	15 & OV 13-14	BRW	100 FREESTYLE	BRW	15 & OV 13-14	42
43	11-12	BRW	100 FREESTYLE	BRW	11-12	44
45	9-10	BRW	100 FREESTYLE	BRW	9-10	46
47	5-8	BRW	100 FREESTYLE	BRW	5-8	48
49	15 & OV 13-14	BRW	100 BACKSTROKE	BRW	15 & OV 13-14	50
51	11-12	BRW	100 BACKSTROKE	BRW	11-12	52
53	9-10	BRW	100 BACKSTROKE	BRW	9-10	54
55	5-8	BRW	50 BACKSTROKE	BRW	5-8	56
57	15 & OV 13-14	BRW	100 BREASTSTROKE	BRW	15 & OV 13-14	58
59	11-12	BRW	100 BREASTSTROKE	BRW	11-12	60
61	9-10	BRW	100 BREASTSTROKE	BRW	9-10	62
63	5-8	BRW	50 BREASTSTROKE	BRW	5-8	64
65	15 & OV 13-14	BRW	100 BUTTERFLY	BRW	15 & OV 13-14	66
67	11-12	BRW	100 BUTTERFLY	BRW	11-12	68
69	9-10	BRW	100 BUTTERFLY	BRW	9-10	70
71	5-8	BRW	50 BUTTERFLY	BRW	5-8	72
73	15 & OV 13-14	BRW	200 I.M.	BRW	15 & OV 13-14	74
75	11-12	BRW	200 I.M.	BRW	11-12	76
77	9-10	BRW	200 I.M.	BRW	9-10	78
79	5-8	BRW	100 I.M.	BRW	5-8	80

## PENTATHLON EVENTS & AWARDS ON SATURDAY!

Swimmers need not enter all events in order to participate in the meet. Swimmers must compete in, swim, and finish in all required Pentathlon events in order to be eligible for Pentathlon awards.

### Pentathlon Events (for awards):

Ages 5-8 Sprint Pentathlon: 25 free, 25 breast, 25 back, 25 fly, 50 free (Events 7/8,15/16,23/24,31/32,39/40)  
 Ages 9-10 Sprint Pentathlon: 50 free, 50 breast, 50 back, 50 fly, 100 I.M. (Events 5/6,13/14,21/22,29/30,37/38)  
 Ages 11-12 Sprint Pentathlon: 50 free, 50 breast, 50 back, 50 fly, 100 I.M. (Events 3/4,11/12,19/20,27/28,35/36)  
 Ages 13 & UP Sprint Pentathlon: 50 free, 50 breast, 50 back, 50 fly, 100 I.M. (Events 1/2,9/10,17/18,25/26,33/34,)

If the entries received for the meet exceed the 4-hour rule for a single session, the meet will be split into 2 sessions, with the 10 & under swimmers swimming in a first session and the 11 & older swimmers in a second

Swimmers may swim a maximum of 5 events on Saturday (Pentathlon Events) and 4 event on Sunday.

Events will be swim fastest to slowest.

If split into 2 sessions (7:30 am warm-up/9:00 am start/second session starting 45 min after morning)

Saturday AM: 4-8,12-16,20-24,28-32,36-40

Saturday PM: 1-3,9-11,17-19,25-27,33-35

Sunday AM: 44-48,52-56,60-64,68-72,76-80

Sunday PM: 41-43,49-51,57-59,65-67,73-75