

PLEASANT VALLEY SWIM TEAM

SEPTEMBER SPRINT PENTATHLON SWIM MEET

Date of Meet:	Saturday, September 24, 2011
Sanction By:	Southern California Swimming, USA Swimming
Starting Time:	10 a.m. Warm-ups 8:30am.
Sanction #:	11-223
Entry Deadline:	Entries must be received no later than 5:00PM, Wed, September 14, 2011. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with 4-hr rule.
Location:	Pleasant Valley Aquatic Center, 1030 Temple Ave., Camarillo, CA. From the 101 freeway, exit at Carmen Drive and go north. Proceed to Ponderosa Dr., turn right. Continue on Ponderosa until Temple Ave, turn right. Pool is the second building on the left.
Course:	Short Course--Pool is an INDOOR 25 yard pool with 8 lanes. Glass containers are not allowed in pool area! Food/beverages not allowed on pool deck. DUE TO SIZE OF DECK--SWIMMERS AND COACHES ONLY ALLOWED BEHIND TIMING LINE. NO PARENTS! THE FACILITY HAS REQUESTED NO CHAIRS ALLOWED ON DECK EXCEPT FOR COACHES AND OFFICIALS. NO CANOPIES ON DECK. COACHES ONLY ON SOUTH SIDE OF DECK. The competition course has been certified in accordance with 104.2.2. Pool depth at start: 12-feet; at turn end: 3.5-feet.
Warm - Up:	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2011 USA Swimming coach. Warm up rules will be announced and enforced. No diving into the pool except for the sprint lanes as directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.
Check-in:	Swimmers must check-in with the Clerk of Course for each they wish to swim. After an event has been officially closed, swimmers <u>MAY NOT CHECK IN OR SCRATCH</u> . Swimmers in the first 4 events each session must check-in at least 20 minutes prior to the start of the meet. Swimmers who check-in and fail to swim an event will be scratched from their next individual event. Swimmers must swim in their actual age group as determined by age on the first day of the meet.
Rules:	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. <u>Racing Start Certification</u> : 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 swimmers legal guardian to ensure compliance with this requirement.
Eligibility:	Open to athletes who are 2011 or 2012 USA Swimming registered in the Coastal committee and swimmers from outside of SCS on a space-available basis. Clubs must be 2011 or 2012 registered to be represented at this meet. Registration application must be received by Monday prior to first day of the meet 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. In SCS age Group meets, swimmers 18 & younger must prove birth date prior to competition. REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (see SCS Swim Guide, Part One, III, 8) if registration is completed at the meet.
Change of Affiliation:	Before the meet, a swimmer may change his/her affiliation by submitting a Change of Affiliation card and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
Submitted Times:	Submit your best recorded short course yard times from this or preceding swim season. You may submit NT (no time), split times or ET (estimated time) for entries. Please make sure your entry times are correct. We reserve the right to refuse to make adjustments the day of the meet.
Entry Procedure:	Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number.
Electronic Entry:	#1 - 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). #2 - 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. #3 - 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 . #4 - DO NOT RESEND AN ENTRY FILE : A replacement file for the team will NOT be processed. Deletions will NOT be refunded.
Fee:	Individual entry charge of \$3.25 per entered event plus \$7.50 surcharge per athlete must accompany each entry. Electronic Entry Procedure : 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 or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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 . DO NOT RESEND AN ENTRY FILE : A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. Hand Entry : Submit a Southern California Consolidated Entry Card for each swimmer. Card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). <u>You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.</u> NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.
Awards:	Heat winner prizes for all swimmers. Sprint Pentathlon awards will be given to the 3 males and females with lowest cumulative times for 5-6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&up. Swimmers must compete in, swim and finish in all required Pentathlon events to be eligible for the awards.
Checks Payable to:	SOUTHERN CALIFORNIA SWIMMING
Mail Entries To:	PVST September Meet c/o Lori Barthmuss 4283 Via Rio, Newbury Park, CA 91320. hand deliver same.
For Further Information:	Entry questions: Lori Barthmuss, 805-217-2192. E-mail: Lbarthmuss@csaswim.com Receipt of entry will not be verified by phone or email. Recommend Postal Service Proof of Mailing. Do NOT use certified, registered or special delivery mail services.
Notice of Media Coverage:	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.

PVST September Sprint Pentathlon Sept 24, 2011

SATURDAY September 24, 2011 10am START; 8:30am warm-up

WOMEN		MIN. TIME		MIN. TIME		MEN
#	AGE	STANDARD	EVENT	STANDARD	AGE	#
1	13-14 15&Up	BRW	50 FREESTYLE	BRW	13-14 15&Up	2
3	9-10 11-12	BRW	50 FREESTYLE	BRW	9-10 11-12	4
5	5-8	BRW	25 FREESTYLE	BRW	5-8	6
7	13-14 15&Up	BRW	50 BREASTSTROKE	BRW	13-14 15&Up	8
9	9-10 11-12	BRW	50 BREASTSTROKE	BRW	9-10 11-12	10
11	5-8	BRW	25 BREASTSTROKE	BRW	5-8	12
13	13-14 15&Up	BRW	50 BACKSTROKE	BRW	13-14 15&Up	14
15	9-10 11-12	BRW	50 BACKSTROKE	BRW	9-10 11-12	16
17	5-8	BRW	25 BACKSTROKE	BRW	5-8	18
19	13-14 15&Up	BRW	50 BUTTERFLY	BRW	13-14 15&Up	20
21	9-10 11-12	BRW	50 BUTTERFLY	BRW	9-10 11-12	22
23	5-8	BRW	25 BUTTERFLY	BRW	5-8	24
25	13-14 15&Up	BRW	100 IM	BRW	13-14 15&Up	26
27	9-10 11-12	BRW	100 IM	BRW	9-10 11-12	28
29	5-8	BRW	50 FREESTYLE	BRW	5-8	30

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 to be eligible for Pentathlon awards

Pentathlon Events(for awards):

Ages 5-8 Sprint Pentathlon: 25 free, 25 back, 25 fly, 25 breast, 50 free (Events 5/6, 11/12, 17/18, 23/24, 29/30)

Ages 9-12 Sprint Pentathlon: 50 free, 50 back, 50 fly, 50 breast, 100 IM (Events 3/4, 9/10, 15/16, 21/22, 27/28)

Ages 13&Up Sprint Pentathlon: 50 free, 50 back, 50 fly, 50 breast, 100 IM (Events 1/2, 7/8, 13/14, 19/20, 25/26)

**Sprint Pentathlon awards for first, second, and third places will be given to the male and female with lowest cumulative times for:
5-6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&up age divisions**

Heat Winner Prizes for all swimmers

Events will be swum fastest-to-slowest, ages combined

Entries will be limited to meet the 4-hour rule

