

Montclair Swim Team Presents
Pacific Swimming Zone 2 14-Under SHORT COURSE PENTATHLON MEET
Saturday, March 20th, 2010

SANCTION: Held under USA/Pacific Swimming Sanction No.: **10-040**

LOCATION: El Cerrito Community Pool, 7007 Moeser Lane, El Cerrito, CA. The pool is located at the intersection of Ashbury Ave and Moeser Lane, several blocks uphill from San Pablo Ave. **From I-80 East**, take the Central Ave exit. Turn right onto Central Ave, left onto San Pablo Ave and right onto Moeser. **From I-80 West**, take the Cutting Blvd exit, turn left onto Cutting, right onto San Pablo Ave and left onto Moeser.

COURSE: 25 yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 7 feet at the turn end.

TIME: Meet begins at 9:00 AM. General warm-ups: from 7:30 to 8:45 AM. 8 & under only: warm-up from 8:45 to 8:55.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All events are timed finals. **SWIMMERS MUST ENTER ALL FIVE (5) EVENTS IN THEIR AGE GROUP.** Swimmers aged 12 years and under should complete competition within four (4) hours. Entries will be accepted until the number of splashes exceeds the estimated timeline per the four hour-rule, based on swimmer's age and gender. **All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.**

Attention High School Swimmers: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers permitted on deck. No tents allowed inside the venue. Propane heaters are not allowed inside all areas of the venue.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registration against the SWIMS database, and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. This meet is open to all qualified swimmers. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

CHECK IN: The meet will be deck seeded. The Scratch rules written below apply and swimmers must check-in at the Clerk of Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, of if

the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

OFFICIALS: Head Referee: David Cottam Head Starter: Rhonda Nelson
Co-Meet Directors: Renee Owyong (510) 339-8841 r.owyong@att.net
Mike Matta (510) 531-7553 mattamike@hotmail.com
Head Meet Marshal: Cliff Owyong

ENTRIES: Events may be entered for this meet online, or by mail. "NO TIME" entries WILL NOT be accepted. Online meet entry is in no way required or expected in order to enter this meet. Zone 2 entries postmarked or entered online by 11:59 p.m. on Monday, March 1st, 2010 will be given priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

ONLINE MEET ENTRIES: Enter at: <http://ome.swimconnection.com/pc/mont20100320> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. The use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **Online entries must be confirmed by midnight, Wednesday, March 10th, 2010,** or until a meet session is closed due to a timeline in excess of the "four (4) hour rule". No late entries will be accepted, or refunds made.

MAIL / HAND DELIVERED ENTRIES: Entries must be on a Consolidated Entry Card, one swimmer per card. Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. **Entries must be postmarked by midnight, Monday, March 8th, 2010. Hand delivered entries by Wednesday, March 10th, 2010 to: Mike Matta, 2741 Mountaingate Way, Oakland, CA 94611.** No late entries will be accepted, or refunds made.

ENTRY FEES: \$2.75 per event, \$5.00 participation fee per swimmer. If mailing entries, make checks payable to: "**Montclair Swim Team**". Mailed or hand delivered entries should be sent to: Montclair Swim Team, c/o Mike Matta, 2741 Mountaingate Way, Oakland, CA 94611. (510) 531-7553.

AWARDS: Heat Winner ribbons will be awarded in all events. Distinctive awards will be given to swimmers with the top eight (8) cumulative times per single age and gender. **Swimmers must successfully complete all 5 events in order to be eligible for these awards.** All awards must be picked up during the course of the meet; awards will not be delivered or mailed.

ADMISSION: Free. A meet program will be available for a reasonable fee.

HOSPITALITY / SNACK BAR: Hospitality will be provided to all meet officials, coaches and timers. A snack bar will be available.

Meet Summary of Events

Saturday, March 20, 2010			
8 & Under	9-10	11-12	13-14
50 Free	50 Free	100 Free	100 Free
25 Fly	50 Fly	50 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back
25 Breast	50 Breast	50 Breast	100 Breast
100 IM	100 IM	100 IM	100 IM

Swimmers must enter all five (5) events in their age group

Saturday, March 20, 2010

GIRLS Event #	AGE GROUP	EVENT	BOYS Event #
1	13-14	100 Free	2
3	11-12	100Free	4
5	9-10	50 Free	6
7	8-Under	50 Free	8
9	13-14	100 Fly	10
11	11-12	50 Fly	12
13	9-10	50 Fly	14
15	8-Under	25 Fly	16
17	13-14	100 Back	18
19	11-12	50 Back	20
21	9-10	50 Back	22
23	8-Under	25 Back	24
25	13-14	100 Breast	26
27	11-12	50 Breast	28
29	9-10	50 Breast	30
31	8-Under	25 Breast	32
33	13-14	100 IM	34
35	11-12	100 IM	36
37	9-10	100 IM	38
39	8-Under	100 IM	40

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Montclair Swim Team Pentathlon Meet March 20, 2010 Consolidated Entry Card											
NAME (Last, First, MI):											
LSC CODE (PC, CC, SN)											
CLUB ABBR			IF UNATT, Team Abbr			CLUB NAME					
AGE			DATE OF BIRTH			AMOUNT PAID \$					
USA-S REG #											
SEX BOY GIRL			AGE GROUP								
EVENT #	DISTANCE/STROKE					ENTRY TIME (SCY)					
						: .					
						: .					
						: .					
						: .					
						: .					
# of events <u> 5 </u> x \$ 2.75 = <u> \$13.75 </u> Participation Fee = <u> \$ 5.00 </u> Total Amount Due <u> \$18.75 </u>											
Coach:											
Swimmer's Address:											
Contact Phone # Contact Email:											

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