

**South Bay Los Gatos Aquatic Club**  
**2010 Polar Bear Pentathlon**  
**Short Course Invitational Swim Meet**  
**August 14, 2010**

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-103**
- LOCATION:** Los Gatos High School, Community Aquatics Center, 20 High School Court, Los Gatos CA. 95031.  
**DIRECTIONS:** From Highway 17 South, Take the East Los Gatos Exit (Exit 20A) and follow it back over the freeway. Turn right on Los Gatos Boulevard. Proceed through two stop signs and Turn Right at High School Court. At the dead end, Turn left and proceed into the parking lot.
- COURSE:** Outdoor /Heated 50m pool with 8 competition lanes. Warm up and Cool down area available during the meet. The minimum water depth, measured in accordance with Article 103.2.3, is 10' at the start end and 10' at the turn end. The competition course has not been certified in accordance with USA Swimming (USA-S) Article 104.2.2C(4).
- TIME:** Warm-ups from 9:00 – 10:15 am. Meet begins at 10:30 am on Saturday.
- 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 may compete in all five events. Swimmers ages 12 years and under should complete competition within four (4) hours. **All coaches and deck officials must display their USA Swimming (USA-S) membership cards in a visible manner.** If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches. ***NO SWIMMER TENTS WILL BE ALLOWED ON THE POOL DECK!***
- Racing Starts** "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. "Coaches are to sign in at the meet when they get their program and present their registration card. Coaches listed on the "Expired" list or have no card and do not show up on the "Registered" list will be told that they will have to remove themselves from coaching their swimmers on the deck.
- LIMITED TO THE FIRST 300 SWIMMERS OR WHEN THE MEET ESTIMATED TIME LINE EXCEEDS THE FOUR HOUR RULE.**
- 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. Pets and glass containers of all kinds are strictly prohibited on the pool deck and locker rooms.
- ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and registration number on the 2010 Consolidated Entry Form. The meet host will check all swimmer registrations 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. Meet is open to all swimmers from the list of invited Teams. Swimmers 19 and older may participate in the 13 and Older events, but will not receive awards or score points. 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. ***Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures."***
- CHECK-IN:** The meet will be deck seeded. 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 start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.
- SCRATCHES:** There is no penalty for not swimming an entered event.
- OFFICIALS:** Referee: Jim Nachtigal  
Meet Director: Nicholas Jufiar Phone: (408) 833-2566  
Starter: Brian Malick  
Head Meet Marshall: Thuy Tang

**ENTRIES:****Option 1: Online Meet Entries**

Enter at <http://ome.swimconnection.com/pc/SBLG20100814> to receive immediate confirmation of acceptance via email. The "billing information" confirmation email should be brought to the meet as proof of entry. Online entry requires payment by credit card using a 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. Fees collected by the use of this system are completely voluntary. Online Meet Entry is completely voluntary and is in no way required or expected of a swimmer by Pacific Swimming. **Deadline for entries on line entries is Wednesday August 4th, 2010 at 12:00 pm PST.**

**Option 2: Surface Mail Entries**

Please use the Surface Mail Entry Card provided. Entry Cards must be filled out completely. For Confirmation of entries, include a self-addressed stamped envelope or postcard with the entries.

**Entries must be received by Monday August 2<sup>nd</sup>, 2010 to the address below. Entries can be hand delivered until 7:00 pm PST Wednesday August 4th, 2010 to the Los Gatos High School Community Aquatics Center.**

Please make check payable to **South Bay Aquatic Club** and mail to:

**SBLG Pentathlon  
P.O. Box 1578  
Los Gatos CA. 95030**

**ENTRY FEES:** Entry fees are \$2.75 for each individual event.

There will be a \$5.00 per swimmer surcharge to cover pool cost. Be sure to include surcharge with your entries.

**RACING STARTS:** 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.

**AWARDS:** The Top 8 swimmers in each age group, 6 and under, 7-8, 9-10, 11-12, 13 and Over, will be awarded ribbons. The Top Swimmer in each age group will receive a distinctive prize.

**ADMISSION:** Free

**OTHER:** Coaches and working officials will receive complimentary drinks and snacks. A snack-bar will be available.

### Meet Summary

8 and Under	9-10	11-12	13 & Over
25 Fly	50 Fly	50 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back
100 IM	100 IM	100 IM	200 IM
25 Breast	50 Breast	50 Breast	100 Breast
25 Free	50 Free	50 Free	100 Free

### Schedule of Events – Saturday, August 14, 2010

1	13 and over 100 Fly	2
3	11-12 50 Fly	4
5	9-10 50 Fly	6
7	8 and under 25 Fly	8
9	13 and over 100 Back	10
11	11-12 50 Back	12
13	9-10 50 Back	14
15	8 and under 25 Back	16
17	13 and over 200 IM	18
19	11-12 100 IM	20
21	9-10 100 IM	22
23	8 and under 100 IM	24
25	13 and over 100 Breast	26
27	11-12 50 Breast	28
29	9-10 50 Breast	30
31	8 and under 25 Breast	32
33	13 and over 100 Free	34
35	11-12 50 Free	36
37	9-10 50 Free	38
39	8 and under 25 Free	40

**SBLG Pentathlon  
Short Course Invitational**

*August 14, 2010*  
**Consolidated Entry Form**

NAME: LAST                      FIRST                      INTL

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
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AGE	DATE OF BIRTH	AMT. PAID \$
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USA-S REG #	
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SEX  Boy      Girl	AGE GROUP
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EVENT #	DISTANCE/STROKE	ENTRY TIME
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# of Entries \_\_\_\_\_ x \$ 2.75 each = \_\_\_\_\_  
**Participation Fee \$5.00**

**Total Fees \_\_\_\_\_**

COACH: \_\_\_\_\_

SWIMMERS  
ADDRESS: \_\_\_\_\_

SWIMMER PHONE # (      )

EMAIL: \_\_\_\_\_