

**Montclair Swim Team Presents**  
**Pacific Swimming Zone 2 14-Under SHORT COURSE PENTATHLON MEET**  
**Saturday, March 9<sup>th</sup>, 2013**  
<http://ome.swimconnection.com/pc/mont20130309>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. 13-035

*In granting this sanction 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.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to photographs, web casting, television, psych sheets and live meet results. By entering the meet, the athlete or his/her guardian consents to the publication.

**USE OF AUDIO AND VIDEO DEVICES:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms, or locker rooms. Photography and video recording from behind the starting block and starting areas are prohibited unless prior permission to do so is granted by the Meet Referee.

**OFFICIALS:**

Head Referee:	David Benjamin
Head Starter:	Rhonda Nelson
Head Meet Marshal:	Cliff Owyong
Co-Meet Directors:	Kent Lockyer (510) 482-1401 <a href="mailto:kentlockyer@mac.com">kentlockyer@mac.com</a> Melissa Zaharias (510) 653-2323 <a href="mailto:mzaharias@comcast.net">mzaharias@comcast.net</a>

**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. In accordance with Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA swimming.

**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 am.

**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. 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.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**OFFICIALS AND COACHES:** 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 season, you need to be Unattached from this meet. It is the swimmer's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED SWIMMERS:** Any USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a member-coach of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club member-coach.

**RACING STARTS:** The swimmer 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.

**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. All shelters must be properly secured. No glass containers permitted on deck. No propane heaters are allowed except for snack bar/meet operations.

**ELIGIBILITY:** Registration: Swimmers must be current members of USAS 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 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. The swimmer's age will be the age of the swimmer on the first day of the meet. No Time "NT" entries will not be accepted. Disabled 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.

**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.

Entry Priority: Zone 2 entries postmarked or entered online by 11:59 pm on Monday, February 18<sup>th</sup>, 2013 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/mont20130309> 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. Swim Connection LLC charges a processing fee for this service equal to \$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. Online Meet Entry is a convenience, is completely voluntary and is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be confirmed by 11:59 pm, Wednesday, February 27<sup>th</sup>, 2013, or until the meet is closed due to a timeline in excess of the "Four-Hour Rule". No late entries will be accepted, or refunds made.

Mailed / Hand Delivered Entries: Entries must be on the attached 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 Monday, February 25<sup>th</sup>, 2013. Hand deliver entries are accepted until 7:00 pm on Wednesday, February 27<sup>th</sup>, 2013 to: Kent Lockyer, 6 Woodside Glen Ct, Oakland, CA 94602. No late entries will be accepted, or refunds made.

**ENTRY FEES:** \$2.75 per event, \$8.00 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 Kent Lockyer, 6 Woodside Glen Ct, Oakland, CA 94602.

**CHECK IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-the-Course. Close of check-in for all events shall be no more than 60 minutes before the estimated start time of the first heat of that event. No event shall be closed more than 30 minutes before the scheduled start of the session. A swimmer who does not check in will not be allowed to compete in the event.

**SCRATCHES:** Swimmers entered in an individual event who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Failure to swim an event will result in being barred from their next individual event. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

**MINIMUM OFFICIALS RULE:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of swimmers entered in meet per team per day	Number of trained and carded Officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**AWARDS:** Heat Winner ribbons will be awarded in all events. Distinctive awards will be given to swimmers with the top eight (8) cumulative times for the 8&U group and for single age thereafter for each 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**

<b>Saturday, March 9, 2013</b>			
<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>
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. All events will be seeded and swum from fastest to slowest.

**ORDER OF EVENTS**

<b>Saturday, March 9, 2013</b>			
<b>GIRLS Event #</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS Event #</b>
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

Swimmers must enter all five (5) events in their age group. All events will be seeded and swum from fastest to slowest.

Montclair Swim Team Pentathlon Meet  
 March 9, 2013  
 Consolidated Entry Card

NAME (Last, First, MI):

LSC CODE (PC, CC, SN)

CLUB ABBR	IF UNATT, Team Abbr	CLUB NAME
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AGE	DATE OF BIRTH	AMOUNT PAID \$
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USA-S REG #	<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td> </tr> </table>																				

SEX BOY      GIRL	AGE GROUP
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EVENT #	DISTANCE/STROKE	ENTRY TIME (SCY)
		: .
		: .
		: .
		: .
		: .
		: .

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

# of events 5 x \$ 2.75 = \$13.75

Participation Fee = \$ 8.00

Total Amount Due \$21.75

Coach:

Swimmer's Address:	
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Contact Phone #	
Contact Email:	