

Montclair Swim Team Presents
Pacific Swimming/Zone 2
14-Under SHORT COURSE PENTATHLON MEET
Saturday, May 10, 2014
Enter Online: <http://ome.swimconnection.com/pc/mont20140510>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-053**

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, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO AND VIDEO DEVICES: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS: Head Referee: Don Bautista Admin Ref/Official: Lillian Bautista
 Head Starter: Rhonda Nelson Head Meet Marshal: Andy Arnold
 Meet Director: Kent Lockyer (510) 482-1401 kentlockyer@mac.com

LOCATION: Trefethen Aquatic Center at Mills College in Oakland, California. Mills is located immediately off of Highway 580 in Oakland at the junction of 580 (MacArthur Freeway) and Highway 13 (Warren Freeway), approximately seven miles from the Bay Bridge.

From Downtown Oakland: Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

From Concord/Walnut Creek: Take I-680 south to Highway 24 west. Come through the tunnel. Take Highway 13 south toward Hayward. Take the San Francisco exit onto I-580 west. Stay in the exit lane and immediately take the MacArthur/High St. exit. Turn right at the stop sign, then left again at the light. Mills College entrance is on your left.

From Hayward and South Bay: Take I-580 west to the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

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 7'3" at the start end and 7'3" 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 - 8:45 am. 8 & Under only warm-up from 8:45 - 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 events.
- 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. When the number of splashes either meets or exceeds the estimated timeline, all entries will be closed and notification posted on the Swim Connection website, the MST website (www.montclairswimteam.com) and Pacific Swimming website. Entry forms and payments received after the close of meet will be returned with an explanation.
- All events will be swum in event order and in a "FAST TO SLOW" sequence.
- 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 for 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.
- 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.

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 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 day of the meet.
- 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.
- "NO TIME" entries WILL NOT be accepted.
- 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. Entries will be rejected if payment is not included with the entry cards or when requested before the closure of the entry deadlines. Online meet entry is in no way required or expected in order to enter this meet.

Entry Priority: Meet entries will not be accepted any earlier than April 5, 2014. Entries from Zone 2 teams postmarked or entered online by 11:59 p.m. on April 19, 2014 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. **Note: Swimmers who falsify their entry form by listing a team to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Board of Review Committee for disciplinary action.

Online Entries: Enter at <http://ome.swimconnection.com/pc/mont20140510> 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, April 30, 2014, 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, April 27, 2014. Hand deliver entries are accepted until 7:00 pm on

Wednesday, April 30, 2014. No late entries will be accepted or refunds made. Request for confirmation of receipt of entries should include a self-addressed envelope.

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: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

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.

| # of swimmers entered in meet per team per day | # of trained and carded Officials required |
|--|--|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| Every 20 swimmers over 100 | 1+ |

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. This meet does not provide medals for new "A" times.

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.

SUMMARY OF EVENTS:

| SATURDAY, MAY 10, 2014 | | | |
|------------------------|-----------|-----------|------------|
| 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. All events will be seeded and swum from fastest to slowest.

EVENTS:

| SATURDAY, MAY 10, 2014 | | | |
|------------------------|-----------|------------|--------------|
| 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 |

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

| | | |
|---|------------------------|-------------------|
| <p>Montclair Swim Team Pentathlon Meet May 10, 2014 Consolidated Entry Card</p> | | |
| 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) |
| | | : . |
| | | : . |
| | | : . |
| | | : . |
| | | : . |
| <p>Swimmers must enter all five (5) events in their age group</p> <p style="text-align: center;"># of events <u>5</u> x \$ 2.75 = <u>\$13.75</u></p> <p style="text-align: center;">Participation Fee = (+) <u>\$ 8.00</u></p> <p style="text-align: center;">Total Amount Due <u>\$21.75</u></p> | | |
| Coach (Print Name): | | |
| Provide Email Address: | | |
| Swimmer's Address: | | |
| Contact Phone # | | |
| Contact Email: | | |