

MONTCLAIR SWIM TEAM
PACIFIC SWIMMING/ZONE 2 14-UNDER SHORT COURSE PENTATHLON MEET
SUNDAY, MAY 21, 2023
Enter Online: <https://ome.swimconnection.com/PC/MONT20230521>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-042**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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. **The results of this meet may be posted in real time on the Internet MeetMobile.**

USE OF AUDIO AND VISUAL: 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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:
Meet Referee: David Benjamin
Meet Marshal: Erin Kennedy
Meet Director: Krysta Lapcevic, montpentathlon@gmail.com, 415.518.9974
Head Starter: Markus Daene
Admin Official: Laurie Jacobson Jones

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga California, 94556

DIRECTIONS: From Highway 24 westbound – take Central Lafayette exit, turn right on Deer Hill Rd., right on First St., right on Mount Diablo Blvd., left on Moraga Rd., and right on Campolindo Dr. From Highway 24 eastbound – take Orinda exit, right on Moraga Way, left on Glorietta Blvd., right on Rheem Blvd., left on Moraga Rd., left on Campolindo Dr. Pool is located behind high school. Parking lot is located on the left. Do not park where “No Parking” or “Permit Parking Only” signs are posted. There is absolutely no parking anywhere on or along the fire road that leads from the parking lot to the swimming pool. You will be ticketed or towed. No parking is allowed in Carroll Ranch, where the streets are privately-owned.

COURSE: OUTDOOR 25 YARD x 50 METER pool with up to 10 lanes available for competition. Separate lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10’ on the west end and 7’ on the east end of the competition pool. 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 will begin at 9:00 AM with warm-ups from 7:30 AM to 8:45 AM. Extended warm-up time for 8 and under athletes only will be offered from 8:45 AM to 8:55 AM.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
 - The local facility's guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
 - All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
 - All events are timed finals.
 - All events will swim fast to slow.
 - **Athletes must enter all 5 events in their age group. Scratches are permitted at check-in.**
 - All Athletes ages 12 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 the Athletes age and gender, or when the number of entered athletes meets maximum facility capacity as determined by facility and local health restrictions.
 - 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.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - Lifeguards are supplied by the venue.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming 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 Coach-Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete'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, on standing areas and in all areas used by Athletes, 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 are allowed in the meet venue.
 - No propane heater is permitted except for snack bar/meet operations.
 - All shelters must be properly secured.
 - Deck Changes are prohibited.
 - Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.
 - With the exception of service animals, dogs are prohibited at the facility.

ELIGIBILITY:

- Athletes must be current members of USA Swimming 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 Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet
- Entries with **"NO TIME" will not be accepted.**

- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- Athletes 15 years of age and older are not eligible to participate in this meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **Sunday, April 16, 2023**. Entries from members of year-round Zone 2 teams postmarked or entered online by 11:59 p.m. on **Sunday, April 23, 2023**, will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year-round and seasonal) postmarked or entered online between 12:00 a.m. on **Monday, April 24, 2023**, and 11:59 p.m. on **Monday, May 1, 2023**, will be given 2nd 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. In addition to Zone 2 clubs, up to 30 athletes who are members of or train with North Bay Aquatics (NBA) may enter during the entry priority period.

ENTRY FEES: \$4.50 per event plus an \$8.00 SCY participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <https://ome.swimconnection.com/PC/MONT20230521> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, May 10, 2023**.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best times. Entries must be postmarked by midnight, **Monday, May 8, 2023**, or hand delivered by 6:30 PM on **Wednesday, May 10, 2023**. No late entries will be accepted. **Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.**

Make check payable to: Montclair Swim Team

Mail entries to: Krysta Lapcevic
P.O. Box 9251
Berkeley, CA 94709

Hand deliver entries to: Address will be provided upon request
Please contact the Meet Director
415-518-9974 or montpentathlon@gmail.com

CHECK-IN: The meet will be deck seeded. Athletes must check-in at Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 a.m., close of check-in for each event shall be no more than 60 minutes before the estimated start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 a.m. Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered/checked-in for shall not be penalized.

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

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs 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 athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY:

SUNDAY MAY 21. 2023			
8-Under	9-10	11-12	13-14
50 Free	50 Free	100 Free	100 Free
25 Flv	50 Flv	50 Flv	100 Flv
25 Back	50 Back	50 Back	100 Back
25 Breast	50 Breast	50 Breast	100 Breast
100 IM	100 IM	100 IM	100 IM

EVENTS

SUNDAY MAY 21, 2023			
GIRLS Event #	Age Group	Event	BOYS Event #
1	13-14	100 Free	2
3	11-12	100 Free	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	11-2	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

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

All events will be seeded and swam from fastest to slowest.

Pacific Swimming – Hosted by Montclair Swim Team 14-Under SHORT COURSE PENTATHLON Meet MAY 21, 2023 Consolidated Entry Form																					
Name: Last		First				Middle															
Club Abbr.		UNATT TEAM ABBR				Club Name															
Age		Date of Birth				Sex M F			LSC – (PC, SN)												
USA-#																					
Event #	Distance / Stroke					Entry Time					Circle one										
						: .					SCY / LCM										
						: .					SCY / LCM										
						: .					SCY / LCM										
						: .					SCY / LCM										
						: .					SCY / LCM										
Athletes must enter all five (5) events in their age group. <table style="width: 100%; border: none;"> <tr> <td style="width: 20%;"># of events</td> <td>5 x \$4.50 = \$ 22.50</td> </tr> <tr> <td>Participation Fee</td> <td>\$ 8.00</td> </tr> <tr> <td>Total</td> <td>\$ 30.50</td> </tr> </table>																# of events	5 x \$4.50 = \$ 22.50	Participation Fee	\$ 8.00	Total	\$ 30.50
# of events	5 x \$4.50 = \$ 22.50																				
Participation Fee	\$ 8.00																				
Total	\$ 30.50																				
Coach																					
Athlete's Address																					
Home Phone								Cell Phone													
Email																					