



Pacific Northwest Swimming
 Spring Grand Pentathlon – Division 5 -- Sanction #0803-SGP05
 Evergreen State College Pool
 Olympia, Washington
 Hosted by the Evergreen Swim Club



Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSION 2
Dates	Saturday, March 22, 2008	Saturday, March 22, 2008
Coaches' Meeting	7:45 AM Check-in and coaches' packet at Clerk of Course.	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1
Timed Finals	9:00 AM	One hour after start of warm-ups

MEET DIRECTOR:

- Ed Grode
 • egroden@gmail.com
 • 360-280-5860

MEET REFEREE:

- Bill Moore
 • whmoore158@earthlink.net
 • 360-866-8821

TIMELINE: will be issued by meet host to attending teams and to the PNS Office no later than the Wednesday before the meet.

LOCATION AND DIRECTIONS

Evergreen State College Pool
 Evergreen State College
 Olympia, Washington

Directions from I-5: Take exit 104 (Hwy 101), travel 3.2 miles, and take the exit to the Evergreen State College. Go 2.3 miles and turn left into the main campus entrance. Turn right into Parking Lot C, and park toward the north end. From the parking lot, it is a short walk north to the Recreation Building, just past the Performing Arts Building.

FACILITY:

- 25 yard, 8-lane competitive pool
- Starting end 7 feet deep, turning end 4 feet deep
- Warm-up pool in separate dive tank
- Warm-up/warm-down lane in main pool
- 400 spectator seats
- Colorado timing system
- Scoreboard: 8-lane readout

ONSITE AMENITIES:

- Vendor: TBD
- Heat Sheets: \$3.00
- Results on PNS web site

- **Concessions:** available throughout the meet
- **Hospitality:** available for coaches and officials
- **Parking:** Parking Lot "C"

TEAMS:

- Evergreen Swim Club
- Aquatic Academy
- Chinook Aquatic Club
- Fort Lewis Dolphins
- Gray's Harbor YMCA
- Ohana Swim Team
- Quick Water Swim Club
- Rainier Foothills Swim Team
- Poseidon Aquatic Club
- University Place Aquatic Club
- Vashon Aquatic Club

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet. See Awards and Scoring and Order of Events.
- **De-qualifying times:** Any swimmer age 11&older who is eligible to enter one or more individual events at either the Northwest Section Western Zone 2008 Short Course Age Group Championship or March 2008 Western Region Long Course Section Championship is not eligible to compete in this meet, even if the swimmer chooses not to participate in either of those meets. There are no de-qualifying times for 10&U swimmers.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.



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- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$2.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Pentathlon Awards** for each age group and gender: 8&U, 9, 10, 11, 12, 13, 14, 15&O.
- 'Total Pentathlon Time' for each swimmer will be the accumulated time for all five individual pentathlon events.
- The swimmer in each age or age-group (see above) and gender with the lowest Total Pentathlon Time will each receive a special Pentathlon Award.
- Swimmers in each age/age-group and gender with the 2nd through 6th lowest Total Pentathlon Time will receive a certificate.
- Swimmers who are disqualified in any event(s) or who fail to swim all five individual events for their age/age-group are not eligible for Pentathlon Awards.
- **Individual Event Awards:** Ribbons 1st thru 6th for individual events in each awards age group.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Ages for competition will be 8&under, 9-10, 11-12, 13-14, and 15&over. See Order of Events.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6—pace lanes, no diving
 - Lanes 2 & 5—sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 3 & 4—general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY:

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

OTHER NOTES:

- In granting this sanction it is understood and agreed that PNS and 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.
- Only authorized volunteers and working personnel can be on deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors, marshals and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, March 12, 2008:

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—one check payable to ESC

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for



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Windows format in your email. Items #4 and #5 must still be received by the entry deadline.

- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** 3 ½ inch floppy disk (double density or high density), CD, or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tekLtd.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Email entries to:** egroden@gmail.com
- **Mail entries to:** Ed Groden, 7129 Cavalier Loop SW Olympia, WA 98512; 360-280-5860

2008 SPRING GRAND PENTATHLON ORDER OF EVENTS

Session 1			Session 2		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	25 Free	8-Under	21,22	50 Free	11 - 12‡
3,4	50 Free	9 - 10*	23,24	100 Free	13 - 14#
5,6	25 Breast	8-Under	25,26	100 Free	15 - Over
7,8	50 Breast	9 - 10*	27,28	50 Breast	11 - 12‡
9,10	25 Back	8-Under	29,30	100 Breast	13 - 14#
11,12	50 Back	9 - 10*	31,32	100 Breast	15 - Over
13,14	25 Fly	8-Under	33,34	50 Back	11 - 12‡
15,16	50 Fly	9 - 10*	35,36	100 Back	13 - 14#
17,18	100 IM	8-Under	37,38	100 Back	15 - Over
19,20	100 IM	9 - 10*	39,40	50 Fly	11 - 12‡
			41,42	100 Fly	13 - 14#
			43,44	100 Fly	15 - Over
			45,46	100 IM	11 - 12‡
			47,48	200 IM	13 - 14#
			49,50	200 IM	15 - Over

*All 9-10 events will be scored as separate ages: 9 year-olds and 10 year-olds, but swum together

‡All 11-12 events will be scored as separate ages: 11 year-olds and 12 year-olds, but swum together

#All 13-14 events will be scored as separate ages: 13 year-olds and 14 year-olds, but swum together



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MASTER ENTRY SUMMARY

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$5.00	\$
INDIVIDUAL EVENTS:		X \$2.00	\$
		TOTAL:	\$

Make one check payable to Evergreen Swim Club.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

 Signature of Coach or Team Representative

 Date

 Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.