



Pacific Northwest Swimming
 2009 Chinook Pentathlon--Sanction #0911-SP02
 Mary Wayte Pool, Mercer Island, Washington
 Hosted by the Chinook Aquatic Club



Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.
<http://www.chinookaquaticclub.org/Meets/2009/pent/>

SCHEDULES	SESSION 1 (MORNING)	SESSION 2 (AFTERNOON)
Date	Sunday, November 1, 2009	Sunday, November 1, 2009
Coaches' Meeting	7:15 AM	as needed
Officials' Meetings	40 minutes before start of competition	40 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	7:30 AM	Immediately following conclusion of the morning session.
Timed Finals	8:30 AM	One hour after start of warm-ups

MEET DIRECTOR:

Souradeth Saysana
 • mlssaysana@msn.com
 • 425.378.0898

MEET REFEREE:

Steve Anderson
 • sanders@simpson.com
 • 425.641.6980

LOCATION AND DIRECTIONS

Mary Wayte Pool
 8815 SE 40th Street
 Mercer Island, Washington

Directions: Take I-90 to Island Crest exit, Mercer Island. Travel south to the top of the hill. At the light, turn left onto SE 40th St. Go two blocks. The pool is on the right.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool at shallow end of pool
- 150 spectator seats in gallery, plus space for one row of personal chairs; limited space at warm-up end of pool deck for personal chairs
- Electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions** available in the lobby
- **Hospitality** for coaches and officials only in room at far end of warm-up pool

- **Parking** available west of pool building; additional parking at Mercer Island High School

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 date of competition.
- Age groups for competition will be 8&under, 9, 10, 11, 12, 13, and 14&over.

ENTRY INFORMATION:

- Maximum number of swimmers: 300, subject to the four-hour rule
- Maximum number of splashes: 1500, subject to the four-hour rule
- 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.
- 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: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.



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AWARDS AND SCORING:

- **Pentathlon Awards:** Trophies 1st - 6th for each age group and gender.
- All events will be scored using Hy-Tek Age Group Points. The swimmers in each age group will be ranked according to the combined scores from all five events in their age group. The winners of the Pentathlon awards will be determined by the highest combined score.
- For swimmers who are DQ'd, five seconds will be added to their total time for each 50 unit length of that event. Disqualified swimmers will still be eligible for Pentathlon awards. 25 yard events will have five seconds added to a DQ.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- To be eligible for Pentathlon awards, a swimmer must compete in all five events for his/her age group/gender.

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 in the roped-off meet operations part of the 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 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 be only be accepted upon receipt of all of the following prior to the entry deadline, October 21, 2009:

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 Chinook Aquatic Club.

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- Email to Lori Morrison at loritm1956@yahoo.com
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement. Mail to:

Chinook Pentathlon
Steve Preston
7640 NE 32nd St
Medina, Wa. 98039
stevepr@acm.org
Phone: (425) 688-9965

- **Disk:** 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-tek ltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in order received until either session reaches the maximum number of swimmers, the



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- maximum number of splashes, or the four-hour limit, whichever comes first.
- 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.
 - All entry times should be SCY (yards). NT (no time) entries are allowed.

- 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.

WEBSITE: <http://www.chinookaquaticclub.org/Meets/2009/pent/>

ORDER OF EVENTS

SUNDAY - SESSION 1

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
1,2	8&U	25 back
3,4	9	50 back
5,6	10	50 back
7,8	8&U	25 breast
9,10	9	50 breast
11,12	10	50 breast
13,14	8&U	25 fly
15,16	9	50 fly
17,18	10	50 fly
19,20	8&U	25 free
21,22	9	50 free
23,24	10	50 free
25,26	8&U	100 IM
27,28	9	100 IM
29,30	10	100 IM

SUNDAY - SESSION 2

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
31,32	11	50 back
33,34	12	50 back
35,36	13	100 back
37,38	14&O	100 back
39,40	11	50 breast
41,42	12	50 breast
43,44	13	100 breast
45,46	14&O	100 breast
47,48	11	50 fly
49,50	12	50 fly
51,52	13	100 fly
53,54	14&O	100 fly
55,56	11	50 free
57,58	12	50 free
59,60	13	100 free
61,62	14&O	100 free
63,64	11	100 IM
65,66	12	100 IM
67,68	13	200 IM
69,70	14&O	200 IM



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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 \$3.00	\$
		TOTAL:	\$

Make one check payable to **Chinook Aquatic 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.