



Pacific Northwest Swimming
2009 Bainbridge November Pentathlon -- Sanction #0911-SP01
Ray Williamson Memorial Pool
Bainbridge Island, Washington
Hosted by the Bainbridge Island Swim Club

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

SCHEDULES	SESSION 1	SESSION 2
Date	SUNDAY, NOVEMBER 8, 2009	SUNDAY, NOVEMBER 8, 2009
Coaches' Meeting	8:15 am - Coaches' packet at Clerk of Course	Announced as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:30 AM	Immediately following conclusion of Session 1, but not before noon
Timed Finals	9:30 AM	One hour after start of warm-ups

MEET DIRECTORS:

Suzanne Lapin

Robbie Sinopole

- sinopoles@yahoo.com
- 360-697-1878

MEET REFEREE:

Joe Hebert

- jblthebert@msn.com
- 206-842-1233

LOCATION AND DIRECTIONS

Ray Williamson Memorial Pool
Madison Avenue
Bainbridge Island, Washington
(206) 842-2302

Directions: From Seattle: Take the Bainbridge ferry from Colman dock in downtown Seattle. After arriving on the island, take Hwy 305 from the ferry landing to High School Rd, the second light from the landing, and turn left. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

From the Kitsap area: Take Hwy 305 south from Poulsbo to Bainbridge Island. After arriving on the island, take Hwy 305 to High School Rd, the fourth light. Turn right onto High School Rd. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 3.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: continuous lane in Don Nakata Pool
- 300 spectator seats
- Colorado electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor: NW Swim
- Heat Sheets: \$3.00
- Results on PNS web site
- Concessions will be available throughout the meet

- **Hospitality** for coaches and officials only
- **Parking** lots east and west of venue

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.
- Age groups for competition will be 8& under, 9-10, 11-12, 13-14, and 15&over. While some age groups will be seeded and swim together, they will be awarded separately. See Awards and Order of Events for more information.

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.
- Complete whole-team entries will be processed in the order received until either session reaches the four-hour limit
- There are no time standards for this meet. All entry times should be SCY (yards). NT (no time) entries are allowed.
- 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.

AWARDS:

- **Pentathlon Awards** for top swimmer for each age group and gender: 8&U, 9, 10, 11, 12, 13,14, 15&O. The winners of the Pentathlon



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awards will be the swimmers with the least amount of accumulated time for the five events. Swimmers must compete in all five events for their age group to be eligible for Pentathlon Awards, but a swimmer who is disqualified in one or more individual event is not eligible for Pentathlon 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.
- While some age groups will be seeded and swim together, they will be awarded separately. See Awards and Order of Events for more information.

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 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, Wednesday October 28, 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 Bainbridge Island Swim 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.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **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 the order received until any session reaches the four-hour limit.
- 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 must be SCY (yards only). 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.
- Mail entries to: Suzanne Lapin, 6585 NE Monte Vista Place, Bainbridge Island 98001
- Email entries to: lapinzanne@aol.com
- Entry contact: Suzanne Lapin 206 427 4771



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BISC November Pentathlon
Order of Events

Morning Session 1

1. Girls 8 & U 25 freestyle
2. Boys 8 & U 25 freestyle
3. Girls 9-10 50 freestyle
4. Boys 9-10 50 freestyle
5. Boys 11-12 50 freestyle
6. Girls 8 & U 25 breaststroke
7. Boys 8 & U 25 breaststroke
8. Girls 9-10 50 breaststroke
9. Boys 9-10 50 breaststroke
10. Boys 11-12 50 breaststroke
11. Girls 8 & U 25 backstroke
12. Boys 8 & U 25 backstroke
13. Girls 9-10 50 backstroke
14. Boys 9-10 50 backstroke
15. Boys 11-12 50 backstroke
16. Girls 8 & U 25 butterfly
17. Boys 8 & U 25 butterfly
18. Girls 9-10 50 butterfly
19. Boys 9-10 50 butterfly
20. Boys 11-12 50 butterfly
21. Girls 8 & U 100 IM
22. Boys 8 & U 100 IM
23. Girls 9-10 100 IM
24. Boys 9-10 100 IM
25. Boys 11-12 100 IM

Afternoon Session 2

26. Girls 11-12 50 freestyle
27. Girls 13-14 100 freestyle
28. Boys 13 -14 100 freestyle
29. Girls 15 & O 100 freestyle
30. Boys 15 & O 100 freestyle
31. Girls 11-12 50 breaststroke
32. Girls 13-14 100 breaststroke
33. Boys 13-14 100 breaststroke
34. Girls 15 & O 100 breaststroke
35. Boys 15 & O 100 breaststroke
36. Girls 11-12 50 backstroke
37. Girls 13-14 100 backstroke
38. Boys 13-14 100 backstroke
39. Girls 15 & O 100 backstroke
40. Boys 15 & O 100 backstroke
41. Girls 11-12 50 butterfly
42. Girls 13-14 100 butterfly
43. Boys 13-14 100 butterfly
44. Girls 15 & O 100 butterfly
45. Boys 15 & Over 100 butterfly
46. Girls 11-12 100 IM
47. Girls 13-14 200 IM
48. Boys 13-14 200 IM
49. Girls 15 & O 200 IM
50. Boys 15 & 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 **Bainbridge Island 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.