



Fall Frenzy Pentathlon Swim Meet

September 18, 2010
Ozark LSC / USA Swimming
Held under the sanction of USA Swimming
and Ozark Sanction # 5309

Facility: 25 yard indoor pool
6 lanes with starting blocks
non-turbulent lane markers

Location: University City High School
Natatorium
7420 Shaftesbury Ave
Saint Louis, MO 63130

Time: *Saturday morning session:*
Warmup 7:00 a.m.
Start 8:00 a.m.
Saturday afternoon session:
Warmup 12:00 p.m.
Start 1:00 p.m.

Rules: *This meet will be held under the sanction of USA Swimming; all technical and administrative rules of USA Swimming will apply, including current Ozark LSC meet rules.*

Warm-up Procedures will follow Ozark LSC safety regulations. The Meet Referee or designee will instruct the swimmers in the safety rules for the meet and assign them to team warm-up lanes. Swimmers may enter the water ONLY with a USA-S certified coach at their assigned lane. A swimmer attending the meet without a USA S-certified coach must report to the Meet Referee or Meet Director prior to warming up for each session in which he/she is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he/she has entered.

Positive check-in is not required, except for unaccompanied swimmers as described above.. Any such swimmers not checked in will be scratched from the meet.

Eligibility: *All swimmers must be athlete members of USA Swimming. "Applied for" will not be accepted. Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and entry fees will NOT be refunded. If a swimmer swims and is not registered a \$100.00 fine per athlete will be imposed.*

Entries will be accepted from Monday, September 6, 2010 at 9:00 a.m. through Monday, September 13, 2010 at 5:00 p.m. Late entries will not be accepted.

Deck entries will not be accepted, except in extenuating circumstances and for good cause, and in such cases only upon: (1) approval of both the Meet Director and Meet Referee; (2) presentation of a valid USA Swimming athlete membership card at time of entry; (3) simultaneous payment to Meet Director of all applicable event fees and athlete surcharges, plus additional deck entry fee of \$10.00 per swimmer.

Times should be entered in short course yard times. Swimmers must enter events in age groups, corresponding to their ages on September 18, 2010. There are no qualifying times for any events, and "no time" entries will be accepted.

Each swimmer may enter up to five events.

Meet will be limited to 300 swimmers. Entries will be accepted on a first-come, first-served basis.

Team entries will not be split, except upon agreement of Meet Director, Meet Referee, and head coach of the team affected.

Entries, including short course yard times, should be submitted by email, followed by a paper copy of the entry file with **check payable to "UCSC" or "University City Swim Club."**

Email entries to:

jsusanka@gmail.com;

cc: info@universitycityswimclub.com

(include a valid email reply address and phone number).

Mail paper copy and check to:

James Susanka
7228 Chamberlain Ave
St. Louis, MO 63130

Emailed entries will be accepted as official if UCSC receives paper copy and check postmarked before the deadline.

Deadline: Entries and fees must be postmarked by *Monday, September 13, 2010*, together with an email entry *received by 5:00 pm.* that day.

Fees: \$3.00 per event
\$6.00 surcharge per swimmer

Seeding: The meet will be pre-seeded by computer if the timeline for each session permits. Events will be reseeded as required to eliminate open lanes and long time lines. Coaches are asked to notify the Meet Director of any entered swimmers who will not be swimming any events as soon as possible.

Breaks: Depending on the time line, the Meet Referee may call one or more breaks in each session in order to allow swimmers adequate recovery time between events.

Age Groups: 8&U, 9/10, 11/12, 13/14, and 15 and over.

The Pentathlon: Swimmers must enter the five events that “complete” a pentathlon to be eligible to receive a pentathlon award. **The Pentathlon Events are:**

8 & U

25 fly, 25 back, 25 breast, 25 free, 100 IM.

9/10

50 fly, 50 back, 50 breast, 50 free, 100 IM.

11/12

50 fly, 100 back, 100 breast, 100 free, 100 IM

13/14

100 fly, 100 back, 100breast, 200 free, 200 IM

15 and over

100 fly, 100 back, 100 breast, 200 free, 200 IM

Scoring and Awards: The meet will be scored as a pentathlon. Swimmers compete for pentathlon awards presented for the first three places in each age group and gender, based on addition of times in the five pentathlon events for each swimmer’s age group. Swimmers who scratch or do not enter all five events are not eligible for Pentathlon awards. Swimmers who DQ in any pentathlon event will become exhibition in the Pentathlon awarding. Events 5-8 are not pentathlon events.

Ribbons will be awarded for first through sixth places in each event, including events 5-8, without regard to what other events a swimmer has completed.

There will be no team awards.

Results and times will be posted at the meet and submitted in required formats to Ozark LSC/USA Swimming.

Meet Officials will be Ozark/USA certified.

Meet Director:

George Lenard 636-532-0300 (day) or
314-721-8526 (evening)

Meet Referee/ Officials Coordinator:

Pat Gibbons 314-727-1471

Safety Marshal

Gala Kennedy

USA Swimming officials interested in officiating please contact Pat Gibbons at 314-727-1471 or email pcg@wuphys.wustl.edu and/or info@universitycityswimclub.com.

Cell phones with video and video recording devices are prohibited in all locker rooms.

Hospitality and refreshments: *For officials, volunteers, and coaches*, complimentary in the poolside office. *Swimmers and the public* may purchase concession food at all sessions (access outside through front entrance, or downstairs through locker rooms). Please keep food and beverages a safe distance away from the pool.

Driving directions: *From I-64 west of I-170*, exit eastbound I-64 at I-170 northbound. Exit right at Delmar. Turn right (east) on Delmar and continue past North and South to Hanley. Turn

left (north) on Hanley. Turn right at second traffic light onto Shaftesbury Ave. Keep right at first stop sign, cross a small bridge, look for Natatorium immediately after on the right.

From east-west arteries such as Delmar Blvd or Ladue Rd-Maryland through Clayton, take Hanley Rd northbound. Turn right at second traffic light onto Shaftesbury Ave. Keep right at first stop sign, cross a small bridge, look for Natatorium immediately after on the right.

Alternate route: I-70 to I-170 southbound, exit to Olive Blvd east. 1.5 miles down Olive, turn right (south) onto Hanley Rd. After 0.3 miles turn left at first traffic light, onto Shaftesbury Ave. Keep right at first stop sign, cross a small bridge, look for Natatorium immediately after on the right.

Parking: *The Natatorium lower and upper driveways are reserved for officials and hospitality suppliers only.* Public parking is available on surrounding city streets, and at Jackson Park Elementary School lot off Balson Ave (one block south of the High School /Natatorium complex).

EVENT SCHEDULE**Session 1, Saturday 8:00 a.m. (warmup 7:00 a.m.)**

Girl	Age	Event	Boys
1	8&U	25 fly	2
3	9/10	50 fly	4
5*	8&U	50 free	6*
7*	9/10	100 free	8*
9	8&U	25 back	10
11	9/10	50 back	12
13	8&U	25 breast	14
15	9/10	50 breast	16
17	8&U	25 free	18
19	9/10	50 free	20
21	8&U	100 IM	22
23	9/10	100 IM	24

* Events not included in pentathlon scoring; provided as an alternative to fly for newer swimmers not able to complete all five pentathlon events.

Session 2, Saturday 1:00 p.m. (warmup 12:00 p.m.)

Girl	Age	Event	Boys
25	11-12	50 fly	26
27	13-14	100 fly	28
29	15 and over	100 fly	30
31	11-12	100 back	32
33	13-14	100 back	34
35	15 and over	100 back	36
37	11-12	100 breast	38
39	13-14	100 breast	40
41	15 and over	100 breast	42
43	11-12	100 free	44
45	13-14	200 free	46
47	15 and over	200 free	48
49	11-12	100 IM	50
51	13-14	200 IM	52
53	15 and over	200 IM	54