

Parkway Swim Club Pentathlon

Saturday, September 24th, 2016
Kirkwood High School
801 W Essex Ave, Kirkwood, MO 63021

Hosted By: Parkway Swim Club

Sanction: 5843

Officials:

Meet Director: Michelle White

Meet Referee: Stephanie Petersen

Safety Marshall: Blair Porter

Facility:

An 8 lane, 25 yard pool with 8 starting blocks and competitor non-turbulent lane lines. There is an additional 5 lane, 20 yard pool for warm up/warm down separated by a bulk head.

Parking: There is no parking directly in front of the pool. Cars may be parked on Chopin St or in the parking lot on Essex or Dougherty Ferry Drive.

Warm ups:

Saturday AM: Warm up Session 1: 7:30-8:00 AM

Warm-up Session 2: 8:00-8:30 AM

Meet Start: 8:45 AM

Saturday PM: Warm-up Session 1: 1:30-2:00 PM

Warm-up Session 2: 2:00-2:30 PM

Meet Start: 2:45 PM

Warm Up Procedure:

Warm-up lanes will be assigned after the meet has been seeded. The host team reserves the right to extend the warm up period for safety considerations. Warm up procedure will be defined by Ozark LSC regulations.

Eligibility:

All swimmers must be current 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. A swimmer's age on the day of the meet will determine age for the meet.

A swimmer attending a 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 is swimming. The swimmer will then be assigned to a coach on deck for each session of the meet that he has entered.

Any swimmer found not to have a current USA Swimming membership who swims in an Ozark sanctioned meet, and/ or the team, is subject to a \$100 fine per swim.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance of this request.

All coaches must hold a valid USA Swimming Coaches Card and all officials must be USA certified.

Entries:

Swimmers can swim up to five events and potentially a relay. Swimmers must swim in all five events in their age group to be eligible for overall pentathlon awards.

All entries MUST have current USA Swimming registration numbers. Entry age will be the age of the swimmer on Saturday, September 24th, 2016.

The meet will be limited to 300 swimmers, including the host team. No team entries will be split. Entries will be accepted starting at noon on Wednesday, September 7th, 2016. Entries must be received by noon on Thursday, September 15th, 2016. Entries should be submitted via email. Telephone/fax entries will not be accepted. Please enter using short course yards times only. Email entries to Ashley Blue at ablue@pkwy.k12.mo.us.

Fees:

\$20.00 per swimmer—Swimmers must sign up for 5 events in their age group track to be eligible for pentathlon awards.

\$7.00 facility surcharge

Scoring/Awards:

The swimmer with the lowest cumulative time for all five events of the appropriate age group shall be declared the winner. A swimmer must compete in all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Age Group Events:

12 & under events: 50's of stroke, 100 IM

13 & over events: 100's of stroke, 200 IM

Open Events: 200's of stroke, 400 IM

*No 10 & under swimmers will be allowed in the Open 200's of stroke and 400 IM events.

Seeding:

The meet will be pre-seeded and a psych sheet will be sent to teams on Wednesday, September 21st. Deck entries will be accepted up to the start of the meet.

Competition Rules:

The 2016 USA Swimming/ Ozark Swimming official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply. A swimmers age as of September 24th, 2016 shall determine their age for the entire meet.

Safety:

Possessing a still or video camera or a cell or video phone is absolutely prohibited in all dressing areas, locker rooms, bathrooms, or any other locations where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately be expelled from the meet with all fees forfeited, and subject to further Ozark LSC and/ or USA Swimming sanctions and penalties.

Swim Suits:

The only swim suits allowed are those permitted by FINA and in compliance with current USA Swimming rules. The USA Swimming Rule, accepted by the Ozark Swimming House of Delegates, will be in effect. It reads as follows:

102.9 SWIMWEAR

1. Design

- A. Swimsuits worn for all 12 and under group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- C. The referee shall have the authority to bar offenders from the competition until they comply with the rule.

Vendor:

No vendor will be available for this meet.

Concessions:

Concessions will be available at the meet.

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Saturday AM Session

1	12& Under 200 FREE Relay	2
3	13& Over 200 FREE Relay	4
5	12& Under 50 Butterfly	6
7	13& Over 100 Butterfly	8
9	Open 200 Butterfly	10
11	12& Under 50 Backstroke	12
13	13& Over 100 Backstroke	14
15	Open 200 Backstroke	16

Saturday PM Session

17	12& Under 50 Breaststroke	18
19	13& Over 100 Breaststroke	20
21	Open 200 Breaststroke	22
23	12& Under 50 Freestyle	24
25	13& Over 100 Freestyle	26
27	Open 200 Freestyle	28
29	12& Under 100 Individual Medley	30
31	13& Over 200 Individual Medley	32
33	Open 400 Individual Medley	34

***NO 10& under swimmers will be allowed in the Open 200's of stroke, and 400IM events.**

Entry Summary & Release Form

This form is part of your entry and must be signed and returned for your entry to be accepted.

Entry deadline: Thursday, September 15th, 2016

Club: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ Zip: _____

Head Coach: _____ Phone: _____

Entry Contact: _____ Phone: _____

Email: _____

Number of Coaches Attending: _____

Entry Summary:

Number of Swimmers Entered: _____ x \$27.00= _____

Total Amount Enclosed: _____

Mail your check payable to Parkway Swim Club

Mail to:
Ashley Blue
c/o Parkway Swim Club
13157 North Olive Spur Rd
St. Louis, Mo 63141