

# Parkway Swim Club Pentathlon

Saturday, September 26<sup>th</sup>, 2015  
Parkway SOUTH High School  
801 Hanna Rd., Manchester, MO 63021

**Hosted By:** Parkway Swim Club

**Sanction:**

**Facility:** 25 yard, 6 lane indoor pool with \_\_6\_\_ starting blocks and competitor non-turbulent lane lines.

**Parking:** Free parking is available at the school. Please do not park in front of the dumpsters.

**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 registered for the 2015-year with USA swimming. Swimmers who are entered and are found to be not registered will be dropped from the meet and will forfeit their meet entry fees.

All swimmers must be athlete member 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. Swimmers 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 will swim five events, and potentially a relay.

Swimmers **must** swim all five events in their age group track to be eligible for overall pentathlon awards.

All entries MUST have 2015 USA Swimming registration numbers. Entry age will be the age of the swimmer on Saturday 26<sup>th</sup>, 2015.

Entries will be accepted starting at noon on **Wednesday, September 9<sup>th</sup>, 2015**. Entries must be received by noon on **Tuesday, September 15<sup>th</sup>, 2015**. Entries should be submitted via email. Telephone/ fax entries will not be accepted. Please enter using short course yards only. Email entries to Molly Legner at [elegner@pkwy.k12.mo.us](mailto:elegner@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.**

**\$5.00 facility surcharge**

**Scoring/Awards--** The swimmer with the lowest cumulative time for all five events of the appropriate track shall be declared the winner. A swimmer must complete 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.

Event Tracks:

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

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

Open events- 200's of stroke, 400IM

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

#### **Seeding**

The meet will be pre-seeded and a psych sheet will be sent to teams on **Wednesday, September 2<sup>3rd</sup>**. Deck entries will be accepted up to the start of the meet.

#### **Competition Rules**

The 2015 USA Swimming/ Ozark Swimming official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply. Swimmers age as of September 26<sup>th</sup>, 2015 shall determine 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 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.

**Officials:** Meet Director: Michelle White  
Meet Referee: Stephanie Peterson  
Safety Marshall: Blair Porter

**Vendor:** No Vendor will be available for this meet.

**Concessions:**  
Concessions will be available at the meet.

**Parkway Pentathlon**  
**Saturday, September 26<sup>th</sup>, 2015**

**Saturday AM Session**

<b>Girls</b>		<b>Boys</b>
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**

<b>Girls</b>		<b>Boys</b>
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 and release form**

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

Entry deadline-Tuesday, September 15<sup>th</sup>, 2015

Club: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of Coaches attending: \_\_\_\_\_

**Entry Summary**

Number of swimmers entered \_\_\_\_\_ x \$25.00= \_\_\_\_\_

Total amount enclosed:= \_\_\_\_\_

Make your check payable to Parkway Swim Club

Mail to:

Molly Legner, Meet Entry Chair

c/o Parkway Swim Club

13157 North Olive Spur Rd

St. Louis, Mo 63141