

**Parkway Swim Club
Presents
Holiday Pentathlon**

December 14-15th, 2012
Parkway North High School
12860 Fee Fee Road
St. Louis, MO 63146

Hosted By: Parkway Swim Club

Sanction: 5550

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:

Friday PM: Warm Up Session 1: 5:10-5:40pm
Warm Up Session 2: 5:40-6:10pm
MEET START: 6:20PM

Saturday AM: Warm Up Session 1: 7:00-7:30 AM
Warm Up Session 2: 7:30-8:00 AM
MEET START: 8:10 AM

Saturday PM: Warm Up Session 1: 1:30-2:00 PM
Warm Up Session 2: 2:00-2:30 PM
MEET START: 2:40PM

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 2012-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.

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 must swim 5 individual events in one of the two tracks offered per age group. Swimmers **must swim** all five events to be eligible for overall pentathlon awards.

Track Classification (Swimmers must enter all 5 events per track to be eligible for award)

10 & Under "Sprint"—100 Free, 50 Backstroke, 50 Butterfly, 50 Breaststroke, 100 IM

10 & Under "Distance"—200 Free, 100 Backstroke, 100 Butterfly, 100 Breaststroke, 200 IM

11-12 "Sprint"—200 Free, 100 Backstroke, 100 Butterfly, 100 Breaststroke, 200 IM

11-12 "Distance"—500 Free, 200 Backstroke, 200 Butterfly, 200 Breaststroke, 400 IM

13 & Over "Sprint"—200 Free, 100 Backstroke, 100 Butterfly, 100 Breaststroke, 200 IM

13 & Over "Distance"—500 Free, 200 Backstroke, 200 Butterfly, 200 Breaststroke, 400 IM

All entries MUST have 2012 USA Swimming registration numbers. Entry age will be the age of the swimmer on Friday, December 14th, 2012.

Entries will be accepted starting at noon on Tuesday, November 27th, 2012. Entries must be received by noon on Wednesday, November 28th, 2012. Entries should be submitted via email. Telephone/ fax entries will not be accepted. Please enter using short course yards only. Email entries to Stephanie Toth at stoth@pkwy.k12.mo.us

FEES

\$20.00 per swimmer—Swimmers must sign up for 5 events in one of the two tracks ("Sprint" or "Distance"), offered in each age group.

\$5.00 facility surcharge

Scoring/Awards--Custom pentathlon awards will be given to the top three finishers in each age group and track (Sprint or Distance). The swimmer with the lowest cumulative time for all five events 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.

Seeding

The meet will be pre-seeded and a heat sheet will be sent to teams on Thursday, December 13th. Deck entries will be accepted up to the start of the meet.

Competition Rules

The 2012 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 December 14th 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 the comply with the rule.

Officials: Meet Director: Michelle White
Meet Referee: Stephanie Peterson
Safety Marshall: Sandy Crook

Vendor: No Vendor will be available for this meet.

Concessions:

Concessions will be available at the meet.

**Parkway "Holiday Pentathlon"
December 14-15th, 2012**

Friday PM Session

Order of Events

Girls		Boys
1	10 & U 100 Fr	2
3	Open 200 Fr*	4
5	Open 500 Fr	6

Saturday AM Session

Order of Events

Girls		Boys
7	10 & Under 50 Backstroke	8
9	Open 100 Backstroke	10
11	Open 200 Backstroke *	12
13	10 & Under 50 Butterfly	14
15	Open 100 Butterfly	16
17	Open 200 Butterfly	18

Saturday PM Session

Order of Events

Girls		Boys
19	10 & Under 50 Breaststroke	20
21	Open 100 Breaststroke	22
23	Open 200 Breaststroke*	24
25	10 & Under 100 IM	26
27	Open 200 IM	28
29	Open 400 IM	30

***10 minute break after event 4, 12, and 24**

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-Wednesday, December 5th, 2012

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:

Stephanie Toth, Meet Entry Chair

c/o Parkway Swim Club

13157 North Olive Spur Rd

St. Louis, Mo 63141