

8-22-18

**Parkway Swim Club
Pentathlon**

September 20-21, 2019
Kirkwood High School
801 W Essex Ave, Kirkwood, MO, 63021

Hosted By: Parkway Swim Club

Sanction: Pending

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: NO parking directly in front of the pool, all spaces are reserved for coaches, staff, and officials. There is very little 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-up:

Friday PM: Warm up Session 1: 5:05-5:30 PM

Warm up Session 2: 5:30-5:55 PM

Warm up Session 3: 5:55 PM-6:20 PM

Meet Start: 6:30 PM

Saturday AM: Warm up Session 1: 7:15-7:40 AM

Warm up Session 2: 7:40-8:05 AM

Warm-up Session 3: 8:05-8:30 AM

Meet Start: 8:45 AM

Saturday PM: Warm up Session 1: 2:00-2:25 PM

Warm up Session 2: 2:25-2:50 PM

Warm up Session 2:50-3:15 PM

Meet Starts: 3:30 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 first day of the meet will determine their age for the entire 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 for the meet. Swimmers can do no more than 1 event in session 1 (Friday night) and no more than 3 events each in sessions 2 & 3. Swimmers must swim in all five events in their age group to be eligible for overall pentathlon awards. NO 10 & under swimmers may swim in the open events.

All entries MUST have current USA Swimming registration numbers. Entry age will be the age of the swimmer on Friday, September 20, 2019.

The meet will be limited to 500 swimmers, including the host team. No team entries will be split. Entries will be accepted starting at noon on Monday,

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September 9, 2019. Entries must be received by noon on Friday, September 13th. Entries should be submitted via email. Telephone/fax entries will not be accepted. Please enter using short course yards times only. Email entries to pkwymeetentry@gmail.com

Fees:

\$20.00 per swimmer
\$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 Tracks for High Point:

8 & Under 25's and 100 IM
8 & Under 50's and 100 IM
9-10 50's and 100 IM
9-10 100's and 200 IM
11-12 50's and 100 IM
11-12 100's and 200 IM
11-12 200's and 400 IM
13-14 100's and 200 IM
13-14 200s and 400 IM
15 & Over 100's and 200 IM
15 & Over 200's and 400 IM

Seeding: The meet will be pre seeded and a psych sheet will be sent to teams on Wednesday, September 18th.

Competition Rules: The 2019 USA Swimming/ Ozark Swimming official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply. A swimmer's age as of September 20, 2019 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:

102.8 SWIMWEAR

1. Design

- A. Swimsuits for women shall not cover the neck, extend past the shoulder, nor past the knee. Swimsuits for men shall not extend above the navel nor below the knees.
- 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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GIRLS	Friday PM	BOYS
1	12 & Under 100 IM	2
3	9-12 200 IM	4
5	13 & Over 200 IM	6
7	Open 400 IM	8

GIRLS	Saturday AM	BOYS
9	8 & Under 25 fly	10
11	12 & Under 50 fly	12
13	9-12 100 fly	14
15	13 & Over 100 fly	16
17	Open 200 fly	18
19	8 & Under 25 back	20
21	12 & Under 50 back	22
23	9-12 100 back	24
25	13 & Over 100 back	26
27	Open 200 back	28

GIRLS	Saturday PM	BOYS
29	8 & Under 25 breast	30
31	12 & Under 50 breast	32
33	9-12 100 breast	34
35	13 & Over 100 breast	36
37	Open 200 breast	38
39	8 & Under 25 free	40
41	12 & Under 50 free	42
43	9-12 100 free	44
45	13 & Over 100 free	46
47	Open 200 free	48

NO 10 & UNDER SWIMMERS MAY ENTER THE OPEN EVENTS

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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: Friday, September 13, 2019

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:

Jon David Williford

c/o Parkway Swim Club

13157 North Olive Spur Rd

St. Louis, Mo 63141