Gold Medal Swim Club

# TRICK OR TREAT Pentathlon Developmental Meet

#### Sunday OCTOBER 29, 2017

**Pullman, WA**

HELD UNDER SANCTION OF UNITED STATES SWIMMING, INC. AND INLAND EMPIRE SWIMMING, INC.,

SANCTION # IE-17-1338

In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording, including the use of a cell phone camera, is not allowed in the changing areas, rest rooms, locker rooms or behind the starting blocks. Except where venue facilities require, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**HOST:**  **Gold Medal Swim Club**

**LOCATION:** Gibb Pool - Washington State University | P E Building, Washington State University, 1302 Cougar Way Pullman, WA 99163, USA

Gibb Pool is in the Physical Education Building located between Smith Gym and Bohler Complex on NE Colorado St.

**FORMAT:** Timed finals meet format. Sunday events only.

**COURSE:** Indoor, 8 lane, 25 yard pool equipped with eight starting blocks, backstroke flags, anti-wave lane lines and electronic timing using the Colorado Timing System with a full 8 lane scoreboard. Separate 4 lane warm up/down pool. Starting blocks meet USA Swimming height requirements. Water depth is 6’+ and start end and 4’+ at turn end. A large balcony area is available for spectators. The competition course has not been certified in accordance with 104.2.2C(4).

**RULES:** Current USA Swimming rules will govern. The rules and procedures of Inland Empire Swimming will also apply. The referees of the meet shall be the final authority for the conduct of the competition. The whistle starting protocol and no recall false start procedures will be in effect. Only swimmers, coaches, officials, and meet workers will be permitted in the deck area. Spectators will not be allowed in the deck area without proof of current USA Swimming membership. The deck area is considered to be the entire deck of the pool.

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 swimmer’s legal guardian to ensure compliance with this requirement.

**AWARDS:** The only individual award to given is the Pentathlon award given to the swimmers placing 1st, 2nd and 3rd by lowest total time for the five pentathlon events for their age group. In order to qualify for Pentathlon, swimmers must enter all five individual pentathlon events for their respective age group. Age Groups: 8 & Under, 9-10, 11-12, 13-14 and 15 & Over. To be eligible for the Pentathlon Award a swimmer must swim all five individual events. Team scores will not be recorded.

**ELIGIBILITY**: Open to currently registered (2017 or 2018) USA Swimming athletes. Registration numbers must be included with entries. Age on the first day of the meet determines the age group to enter. Each swimmer must compete in his/her respective age group. Athletes with a disability are welcome and are asked to provide advanced notice of necessary accommodations. No on deck registrations will be allowed.

**ENTRIES:** Swimmers may enter a maximum of five individual events.

Enter swimmer’s best yard times. ‘No time’ or ‘NT’ will be accepted for those swimmers who do not have a previous time. Please include the Team Manager ‘Meet Entry’ report or the enclosed Entry Fee Tabulation summary. Entries must include current (2017 or 2018) USA Swimming numbers. If not submitting entries via Team Manager software, a generic master entry form can be found on the Inland Empire Swimming website, [www.ieswim.org](http://www.ieswim.org)

Email entries may be sent to **gmsc.meet.entries@gmail.com** Please email the following attachments:

1) Team Manager File

2) Entry Fees Report PDF

3) Entry Report PDF

Entries must be received by **Thursday, October 19, 2017.** Late entries will accepted at a charge of $60 per entry per person.

**The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmers times) will be loaded into the USA Swimming database. If you know of any swimmer data that is not correct in the meet database, please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the end of the meet. Thanks for your cooperation.**

**ENTRY FEES**: $30 per person. Please make the check payable to the **Gold Medal Swim Club** and bring check to the meet.

**SCHEDULE**: Sunday Morning

8:45 AM Coaches Meeting

9:00- 9:45 AM: warm-up

9:00 – 9:20 AM Officials Meeting

10:00 AM: events begin

Lane assignments for warm-ups will be posted. Diving is permitted in designated sprint lanes only and only under direct supervision of a coach. Swimmers participating in the meet without a USA Swimming registered coach must report to the meet referee at the start of the warm-up session. Deck marshals will be present during warm-ups.

**COACHES:** Coaches must be 2017-2018 USA Swimming Coach Members. Proof of current certification must be produced upon request by the Meet Referee.

**OFFICIALS:** Meet Director: Dan Lawson (208) 885-0268, coachdan@goldmedalswimming.org

Meet Referee: Steve Hudlet

Head Starter: Michael Miura

Admin Official: Curt Johnson

Head Stroke & Turn: Richard Hartman

Stroke and Turn: Mary Hartman, Brian Johnson, Rick Edge, Paige Buehler

Each team entering swimmers will be expected to provide officials and all visiting officials are welcome and encouraged to help. Information on the minimum officials requirements will be sent to participating team once all entries are received.

**TIMERS:** Help from visiting teams will be greatly appreciated!

**PROGRAMS/CONCESSIONS/SWIM APPAREL:** Heat sheets will be emailed to teams to distribute to swimmers. No Concessions and there will be a limited number of meet T-shirts for sale.

**Restrictions**: **TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING allowed on pool deck or locker rooms.**

**USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.**

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| **Sunday Pentathlon** | | |
| **Event #** | **Age** | **Event** |
| **1** | **G 8 & U** | **25 Free** |
| **2** | **B 8 &U** | **25 Free** |
| **3** | **G 9 - 10** | **50 Free** |
| **4** | **B 9 - 10** | **50 Free** |
| **5** | **G 11 - 12** | **50 Free** |
| **6** | **B 11 - 12** | **50 Free** |
| **7** | **G 13 & O** | **100 Free** |
| **8** | **B 13 & O** | **100 Free** |
| **9** | **G 8 & U** | **25 Breast** |
| **10** | **B 8 &U** | **25 Breast** |
| **11** | **G 9 - 10** | **50 Breast** |
| **12** | **B 9 - 10** | **50 Breast** |
| **13** | **G 11 - 12** | **50 Breast** |
| **14** | **B 11 - 12** | **50 Breast** |
| **15** | **G 13 & O** | **100 Breast** |
| **16** | **B 13 & O** | **100 Breast** |
| **17** | **G 8 & U** | **25 Back** |
| **18** | **B 8 &U** | **25 Back** |
| **19** | **G 9 - 10** | **50 Back** |
| **20** | **B 9 - 10** | **50 Back** |
| **21** | **G 11 - 12** | **50 Back** |
| **22** | **B 11 - 12** | **50 Back** |
| **23** | **G 13 & O** | **100 Back** |
| **24** | **B 13 & O** | **100 Back** |
| **25** | **G 8 & U** | **25 Fly** |
| **26** | **B 8 &U** | **25 Fly** |
| **27** | **G 9 - 10** | **50 Fly** |
| **28** | **B 9 - 10** | **50 Fly** |
| **29** | **G 11 - 12** | **50 Fly** |
| **30** | **B 11 - 12** | **50 Fly** |
| **31** | **G 13 & O** | **100 Fly** |
| **32** | **B 13 & O** | **100 Fly** |
| **33** | **G 8 & U** | **100 IM** |
| **34** | **B 8 &U** | **100 IM** |
| **35** | **G 9 - 10** | **100 IM** |
| **36** | **B 9 - 10** | **100 IM** |
| **37** | **G 11 - 12** | **100 IM** |
| **38** | **B 11 - 12** | **100 IM** |
| **39** | **G 13 & O** | **200 IM** |
| **40** | **B 13 & O** | **200 IM** |

ENTRY FEE TABULATION

# TRICK OR TREAT PENTATHLON

**October 29, 2017**

**Pullman, WA**

# OF INDIVIDUALS\_\_\_\_\_\_\_\_ X $30 =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*MAKE CHECKS PAYABLE TO: **Gold Medal Swim Club**

**TEAM NAME**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEAD COACH**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CONTACT PERSON**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PHONE NUMBER OF CONTACT PERSON**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EMAIL ADDRESS OF CONTACT PERSON**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MAIL TEAM ENTRY TO: Bring entries check to the meet.

## Gold Medal Swim Club

**1416 Chinook**

**MOSCOW, ID 83843**