



Pacific Northwest Swimming  
 2019 PN C Pentathlon - Sanction #1911-SP03  
 Mary Wayte Pool  
 8815 SE 40th Street, Mercer Island, Washington  
 Hosted by the Chinook Aquatic Club



*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

SCHEDULES	SUNDAY, NOVEMBER 3, 2019
Coaches' Meeting	7:45 AM – All coaches are asked to check in at Clerk of Course.
Officials' Meetings	Session 1: 8:15 AM
	Session 2: 45 minutes before start of competition
Timers' Meetings	Session 1: 8:40 AM
	Session 2: 20 minutes before start of competition
Warm-ups	Session 1: 8:00 AM
	Session 2: Immediately following conclusion of Session 1
Timed Finals	Session 1: 9:00 AM
	Session 2: One hour after start of warm-ups
Deck Entry Deadlines:	30 minutes after start of warm-ups

**MEET DIRECTOR:**

- Susan Paley  
 • chinookmeetdirector@gmail.com  
 • 314-681-1828

**MEET REFEREE:**

- Bob Karl  
 • robert.d.karl@kp.org

**FACILITY INFORMATION:**

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool at shallow end of pool
- 150 spectator seats in gallery, plus space for one row of personal chairs; limited space at warm-up end of pool deck for personal chairs
- Electronic timing system; scoreboard with 6-lane readout
- Heat Sheets available through Meet Mobile for \$3.00; Results on PNS web site
- Concessions available in the lobby
- Hospitality for coaches and officials only in room at far end of warm-up pool
- Limited pool parking for coaches & officials only; additional parking at Mercer Island High School & Northwood Elementary School

**ELIGIBILITY & ENTRY INFORMATION:**

- All swimmers must be registered with USA Swimming. Neither on-deck USA Swimming registration nor on-deck transfer to an invited team will be permitted.
- Age groups are based on the age of the swimmer as of the meet date.
- This meet is an invitational. Teams wishing an invitation must contact the Meet Director. An invitation does not guarantee entry due to the four-hour rule.
- Each swimmer may enter up to a maximum of five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Deck Entries: Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards.

- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and an invited club and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- No deck entry will be considered complete without payment of all appropriate entry fees.
- Each session's deck entry deadline: 30 minutes after start of the sessions's warm-ups.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

**AWARDS AND SCORING:**

- **Pentathlon Awards:** Trophies 1st - 6th for each age group and gender. Events swum mixed will still receive awards for each gender.
- All events will be scored using Hy-Tek Age Group Points. The swimmers in each age group will be ranked according to the combined scores from all five events in their age group. The winners of the Pentathlon awards will be determined by the highest combined score.
- The swimmers who are disqualified in an event will still be eligible for Pentathlon awards.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- To be eligible for Pentathlon awards, a swimmer must compete in all five events for his/her age group/gender.
- In order to accommodate demand, all events will be seeded and swum fastest-to-slowest and mixed girls and boys.
- **All 8&U events** will be staged: swimmers must report to the staging area at the "first call" for their event. The 25-yard events will start from the bulkhead; the 8&U 100 IM will start from the deep end of the pool.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
  - Lanes 1 & 6 – pace lanes, no diving
  - Lanes 2 & 5 - sprint lanes, dive starts
  - Lanes 3 & 4- general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

**SAFETY INFORMATION:**

- All applicable adults participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet. In addition, all 18&O athletes must be current in their Athlete Protection Training (APT) in order to swim.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are 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.
- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.

- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming and the Chinook Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**ENTRY SUBMITTAL INFORMATION:** Entry information will be provided to all invited clubs.

### CHINOOK PENTATHLON ORDER OF EVENTS

#### SESSION 1: 10&U SWIMMERS

Event #	Age	Event
1	8&U	25 back
2	9	50 back
3	10	50 back
4	8&U	25 breast
5	9	50 breast
6	10	50 breast
7	8&U	25 fly
8	9	50 fly
9	10	50 fly
10	8&U	25 free
11	9	50 free
12	10	50 free
13	8&U	100 IM
14	9	100 IM
15	10	100 IM

#### SESSION 2: 11&O SWIMMERS

Event #	Age	Event
16	11	50 back
17	12	50 back
18	13	100 back
19	14&O	100 back
20	11	50 breast
21	12	50 breast
22	13	100 breast
23	14&O	100 breast
24	11	50 fly
25	12	50 fly
26	13	100 fly
27	14&O	100 fly
28	11	50 free
29	12	50 free
30	13	100 free
31	14&O	100 free
32	11	100 IM
33	12	100 IM
34	13	200 IM
35	14&O	200 IM



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**MASTER ENTRY SUMMARY**

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$ 5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 4.00</b>	<b>\$</b>
		<b>SUBTOTAL:</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Chinook Aquatic Club**

**THE FOLLOWING STATEMENT MUST BE SIGNED:**

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

\_\_\_\_\_  
 Signature of Coach or Team Representative

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Phone Number

**Important Note:** Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.