

**Caldwell Swim Club**  
**Spring Fever Pentathlon**  
**April 13, 2019**

- Sponsor:** Caldwell Swim Club
- Location:** College of Idaho Aquatics Center  
2112 Cleveland Blvd  
Caldwell, ID 83605
- Sanction:** All events held under the approval of USA Swimming and Snake River Swimming, Inc., Sanction #19-10. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)
- Format:** This meet will be a Pentathlon format. All events will be swum as timed finals in pre-seeded heats, ordered slowest to fastest as designated in the heat sheet posted at the meet. All 25-yard events will start with the starting blocks and timed manually. There will be no relays.
- Facilities:** 6 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3, is 13' at the start end and 4' at the turn end. Equipped with six starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Time Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).
- Meet Referee:** Al Luptak  
Email – [luptak@cablone.net](mailto:luptak@cablone.net)
- Meet Director:** Rian Sheets/Betsy Hunsicker  
Email – [caldwellstingrays@gmail.com](mailto:caldwellstingrays@gmail.com)
- Officials:** We appreciate the help of certified USA Swimming Officials from each participating team. If you know of an official attending the meet, please have them contact the meet referee in advance of the meet.
- Meetings:** **COACHES:** There will be a mandatory meeting for coaches/team representatives at

11:45 a.m. Team packets will be available.

**OFFICIALS:** There will be an official's meeting 45 minutes before the start the meet.

**TIMERS:** There will be a timer meeting 20 minutes before the start of the meet.

Schedule: **Saturday Schedule – Order of Events:**

Warm-up (12 & Under)      12:00 – 12:30 PM

Warm-up (13 & Over)      12:30 – 1:00 P.M.

Meet Starts at 1:15 PM

To help the sessions adhere to the projected time line, flyover starts may be used.

Conduct: Current USA Swimming rules will govern this meet for all age groups.

Snake River Swimming Warm-Up and Safety procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.

The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event should be directed to the Meet Referee by the coach of that team. Swimmers participating without a coach must report to the Meet Referee at the start of the warm-up session for instructions.

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 the swimmer's legal guardian to ensure compliance with this requirement.

Per Section 102.7.2 of the USA Swimming Rules and Regulations, it is at the Meet Referee's discretion that events may be combined by age, gender, distance, and/or stroke. The meet referee will waive the empty lane requirement with the concurrence of the coaches of the affected swimmers for all combined events.

This is a no card meet with pre-seeded heats for all events. All swimmers are expected to be on deck at the designated heat and lane for their events.

Under USA Swimming Rule 202.2.9.I for Deck Changing - Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Drones are not allowed inside of the aquatic facility.

**Eligibility:** All USA Swimming members must hold current 2019 USA registration cards by the meet entry deadline. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Age of the swimmer on the first day of the meet (April 13, 2019) determines the swimmer's age for the meet.

**Entry Limits:** All swimmers may enter up to five (5) individual events according to the following pentathlon groupings:

**8 & under – 25 Free, 25 Fly, 25 Back, 25 Breast, 100 IM;**

**9-10 – 50 Free, 25 Fly, 50 Back, 25 Breast, 100IM;**

**11-12 – 50 Free, 50 Fly, 50 Back, 50 Breast, 100 IM;**

**13-14 - 50 Free, 50 Fly, 50 Back, 50 Breast, 200 IM**

**15-18 - 50 Free, 50 Fly, 50 Back, 50 Breast, 200 IM;**

**Open/Senior - 100 Free, 100 Fly, 100 Back, 100 Breast, 200 IM.**

**A swimmer must complete all five (5) events to be considered for an award.  
Time trials will not be offered.**

Entries: With the exception of Open events, NO TIMES will be accepted. Open events are open to any swimmer who has a SCY entry time (i.e. NT's will not be accepted) or has a time equal to or faster than the 11-12 "B" time (based on the 2013-16 Motivational Time Standards) in the corresponding long course meter event.

Entries should be in short course yard times only.

Be sure to include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming.

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in short course yards.

Please report scratches to clerk of course prior to start of the meet on Saturday.

**Deck registration will not be provided.**

For teams using Hy-Tek's Team manager, entries may be submitted as an attached file via email to the following address: [caldwellstingrays@gmail.com](mailto:caldwellstingrays@gmail.com)

The following files should be included:

Meet entry file with individual entries,

Meet Entry Report and

Meet Entry Fee Report.

Teams who do not have Hy-Tek's Team Manager may download, free of charge, TEAM MANAGER Lite at the following URL: <http://www.hy-tek ltd.com/downloads.html>

According to the Hy-Tek website, this application is basically TEAM MANAGER with the following features enabled:

Standard Set-Up and Options Features

Enter Teams, Athletes, Relays, Meets and Browsers

Specifying Meet Entry Custom Times by Event or by Name

Import of Meet Events from a Hy-Tek MEET MANAGER Database

Export of Meet Entries to send to the meet host by diskette or over the internet

Meet Entry Report

Entry Fees: \$25 per swimmer surcharge (\$4.00 zone fee, \$2.00 pool rental, \$12.00 awards, \$7.00

hospitality and admin).

All fees must accompany entries with *one check per team* please. Make checks payable to **Caldwell Swim Club**.

No refund will be given for withdrawal of entry on any grounds. SRS surcharge fees may be waived for Outreach swimmers if requested by submitting team.

Entry Deadline: Entries and accompanying entry fees must be received *no later than* **Wednesday, April 3, 2019**.

Mail entries and entry fees to:  
Caldwell Swim Club  
PO Box 125  
Caldwell, ID 83606  
[caldwellstingrays@gmail.com](mailto:caldwellstingrays@gmail.com)

Scoring: This is a no scoring event.

Awards: Prizes will be awarded to 1<sup>st</sup>-3<sup>rd</sup> place swimmers with fastest combined time in each pentathlon grouping (8&U, 9-10, 11-12, 13-14, 15-18 and Open) by male/female. The top 3 finishers in each group will be recognized following the last event. A swimmer must complete all five (5) 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. In the event there are not three finishers in a pentathlon group, meet referee and administrative official may use their discretion to identify additional awardees from that group.

Misc.: Each team will be expected to provide at least 2 timers per session of the meet each day. All timers are to report to the Chief Timer 20 minutes prior to the start of the meet at the computer table where there will be a schedule of timing shifts for all teams to sign up before the start of the meet session. Assigned lanes will be posted and listed in the heat sheet.

Meet Mobile will not be accessible during the meet.

Results will be emailed to the address from which meet entries were submitted from each participating team unless otherwise specified.

Concessions will be offered for purchase. Heat sheets will be available at the Concessions table for \$4.00.

A hospitality room will be provided for coaches and officials.

## ORDER OF EVENTS

<b>Saturday Afternoon; Warm-Up: 12:00 p.m.-1:00 p.m.; Meet Starts: 1:15 p.m.</b>	
1	Mixed 8 & under 25 Yard Freestyle
2	Mixed 9-12 50 Yard Freestyle
3	Mixed 13-18 50 Yard Freestyle
4	Mixed Open 100 Yard Freestyle
5	Mixed 10 & under 25 Yard Butterfly
6	Mixed 11-12 50 Yard Butterfly
7	Mixed 13-18 50 Yard Butterfly
8	Mixed Open 100 Yard Butterfly
9	Mixed 8 & Under 25 Yard Backstroke
10	Mixed 9-12 50 Yard Backstroke
11	Mixed 13-18 50 Yard Backstroke
12	Mixed Open 100 Yard Backstroke
13	Mixed 10 & Under 25 Yard Breaststroke
14	11-12 50 Yard Breaststroke
15	13-18 50 Yard Breaststroke
16	Open 100 Yard Breaststroke
17	12 & Under 100 Yard IM
18	13-18 200 Yard IM
19	Open 200 Yard IM

SNAKE RIVER WARM-UP PROCEDURES AND SAFETY GUIDELINES  
SECTION 1- WARM-UP PROCEDURES

**A. GENERAL WARM-UP** (First 15 minutes)

1. **NO DIVING or BACKSTROKE STARTS** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session.
3. All lanes are to be used for general warm-up.

**B. SPECIFIC WARM-UP** (Last 15 minutes)

**RECOMMENDED LANE USE**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>RACING STARTS</b>	<b>GENERAL WARM-UP</b>
6 Lane	1 & 6	2 & 5	3&4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS.** Circle swimming only.
4. Divided by age groups as follows:
  - a. Swimmers 12 & under, 10-15 minutes specific warm-up
  - b. Swimmers 13 & over, 10-15 minutes specific warm-up
6. Recommended lane use for Specific Warm-up Session:
  - a. 6 lane pool - push/pace in lanes 1 & 6, racing starts in lanes 2, 3 & 4, general warm-up in lane 5
  - b. 8 lane pool - push/pace in lanes 1 & 8, racing starts in lanes 3, 4, 5 & 6, general warm-up in lanes 2 & 7
  - c. 10 lane pool - push/pace in lanes 1, 2 & 10, racing starts in lanes 4, 5, 6 & 7, general warm-up in lanes 3, 8, & 9

**SECTION 2-- SAFETY GUIDELINES**

**A. COACHES' RESPONSIBILITIES**

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

**B. HOST TEAM RESPONSIBILITIES**

1. Marshaling:
  - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
  - b. Marshals shall have the authority to remove from the pool, for remainder of the warm-tip session, any swimmer who is in violation of safety guidelines or warm-up procedures.
  - c. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:

- (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
- (2) The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

**C. MISCELLANEOUS**

1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

ENTRY FORM FOR SWIMMERS NOT USING TEAM MANAGER

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

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

Coach name: \_\_\_\_\_

Phone - Home/Cell: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Team Mailing Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Swimmer Name: \_\_\_\_\_

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

USMS/USA #: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M/F

	Event Number	Stroke (Free/Back/Fly/Breast/IM)	Distance	Entry Time	Entry Time Proof (Date, Meet Name, Venue)
1					
2					
3					
4					
5					

Entry Deadline: **Wednesday, April 3, 2019**

Entry Fee: **\$25/swimmer**

Make checks payable to: **Caldwell Swim Club**

Mail to: **P.O. Box 125, Caldwell, ID 83605**