



# 10 & Under Polar Pentathlon

January 28, 2018

Sanction # PVC-18-47 and VA\_XX-XX



<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVC-18-47.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Nation's Capital Swimming, and Claude Moore Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Claude Moore Recreation Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 (571) 258 - 3600</p> <ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth ranges from 6'8" to 12'6" at both the starting end and turning end.</li> <li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, January 23 at 5:00 PM</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Sunday January 28<sup>th</sup>, 2018</b></p> <p style="text-align: center;">Boys      warm-up 8:10-8:50 AM    First Event 9:00 AM</p> <p style="text-align: center;">Girls      warm-up 12:00-12:40 PM    First Event 12:50 PM</p> <p>Meet Director reserves the right to adjust times/sessions after entries are received. Any changes will be posted on <a href="http://www.nationscapitalswimming.com">www.nationscapitalswimming.com</a></p> <p style="text-align: center;"><b>Entry into the building will not begin before 7:50 am for swimmers and parents.</b></p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimming Swimmers 10 years of age and under. Non-PVS clubs may request an invitation from the Meet Director; however, non-PVS athlete participation will be limited to a maximum of 20%. It may be necessary to limit entries in certain events to time constraints. Swimmers shall compete at the age attained on the first day of the meet.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</li> </ul>

<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic or Semi-automatic timing will be used for this meet (50y and up events).</li> <li>• Manual timing (stopwatches only) may be used for this meet (25y events).</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• Operation of a drone or any other flying devices 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.</li> <li>• Dive-over starts <b>may</b> be used at this meet. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.</li> <li>• The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• This meet is primarily a Pentathlon. In order to enter the “Pentathlon Competition” a SWIMMER MUST SWIM ALL FOUR (4) 25/50 YARD EVENTS PLUS THE 100 YARD I.M. EVENT IN THEIR AGE GROUP. The Championship scoring will be based on the accumulated times of the five (5) events. Winner of the Pentathlon will be determined by the lowest aggregate time of the events swum.</li> <li>• A disqualification in any one of the events will make you ineligible for the pentathlon award.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Special awards will be given for 1st to 8th place Pentathlon.</li> <li>• Ribbons will be given for 1st to 8th place – Individual events.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>• There is no admission charge. Programs for each session will be available for \$2.00 each.</li> </ul>

<p><b>OFFICIALS</b></p>	<ul style="list-style-type: none"> <li>• Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>• Contact Ray Nash <a href="mailto:raynashdvcc@aol.com">raynashdvcc@aol.com</a> to volunteer.</li> <li>• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>
<p><b>TIMERS</b></p>	<ul style="list-style-type: none"> <li>• This is very important at this meet; automatic/ semi-automatic timing (50y and 100y events) and watch times (25y events) will be used. Participating clubs are required to provide timers in proportion to their entry. A timer is required for each 25 entries, (not swimmers, entries). The number of timers will be adjusted when the club is providing other officials. Acceptance of the Club entry is based on compliance with the above. The host club will provide one (1) timer per lane.</li> </ul>
<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director.</li> <li>• Include in the subject of the email, "2018 Polar Pentathlon Mini - ****" with the club's in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>• Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<p><b>ENTRY FEES</b></p>	<p style="text-align: center;">Per Swimmer Surcharge: \$3.75 (facility fee)  Pentathlon total fee: \$25.00  Individual event fee: \$5.00  Deck entries: \$10.00/ Individual Event</p> <ul style="list-style-type: none"> <li>• Make checks payable to <b>Nation's Capital Swim Club</b>. Checks may be mailed to:  Nation's Capital Swimming  Attn: Karyn McCannon  8120 Woodmont Ave #101  Bethesda, MD 20814</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet. Each participating Club is requested to remit one check to cover the entry fee for the entire team.</li> <li>• Deck entries are \$10.00 per individual event and must be submitted with cash payment no later than 15 minutes prior to the first event of each session. No new heats will be created. First come, first served.</li> </ul>

Session I – Boys

Warm up 8:10 - 8:50 AM, Events start at 9:00 AM

Ev	Age	Event
1	7 & Under Boys	25 yard Butterfly
2	8 year old Boys	25 yard Butterfly
3	9 year old Boys	50 yard Butterfly
4	10 year old Boys	50 yard Butterfly
5	7 & Under Boys	25 yard Backstroke
6	8 year old Boys	25 yard Backstroke
7	9 year old Boys	50 yard Backstroke
8	10 year old Boys	50 yard Backstroke
9	7 & Under Boys	25 yard Breaststroke
10	8 year old Boys	25 yard Breaststroke
11	9 year old Boys	50 yard Breaststroke
12	10 year old Boys	50 yard Breaststroke
13	7 & Under Boys	25 yard Freestyle
14	8 year old Boys	25 yard Freestyle
15	9 year old Boys	50 yard Freestyle
16	10 year old Boys	50 yard Freestyle
17	7 & Under Boys	100 yard IM
18	8 year old Boys	100 yard IM
19	9 year old Boys	100 yard IM
20	10 year old Boys	100 yard IM

Session II – Girls

Warm up 12:00 - 12:40 PM, Events start at 12:50 PM

Ev	Age	Event
21	7 & Under Girls	25 yard Butterfly
22	8 year old Girls	25 yard Butterfly
23	9 year old Girls	50 yard Butterfly
24	10 year old Girls	50 yard Butterfly
25	7 & Under Girls	25 yard Backstroke
26	8 year old Girls	25 yard Backstroke
27	9 year old Girls	50 yard Backstroke
28	10 year old Girls	50 yard Backstroke
29	7 & Under Girls	25 yard Breaststroke
30	8 year old Girls	25 yard Breaststroke
31	9 year old Girls	50 yard Breaststroke
32	10 year old Girls	50 yard Breaststroke
33	7 & Under Girls	25 yard Freestyle
34	8 year old Girls	25 yard Freestyle
35	9 year old Girls	50 yard Freestyle
36	10 year old Girls	50 yard Freestyle
37	7 & Under Girls	100 yard IM
38	8 year old Girls	100 yard IM
39	9 year old Girls	100 yard IM
40	10 year old Girls	100 yard IM