

AMENDED 10/05/07

To ADD REQUEST FOR DONATIONS TO LOUDOUN INTERFAITH RELIEF

AMENDED 10/15/07

TO CORRECT WARM-UP AND EVENT TIMES  
and to Update Meet Director's and Entry Email Address



## 9 & Under Mini Meet PILGRIM PENTATHLON



**Sponsors:** Sterling Chevrolet - Saturn of Fairfax  
- Saturn of Sterling

Costco Wholesale

**November 18, 2007**

**Sponsored by CURL-BURKE SWIM CLUB**

Sanctioned by UNITED STATES SWIMMING  
through VIRGINIA SWIMMING, INC.

Sanction# VS-08-01N

and by POTOMAC VALLEY SWIMMING

Sanction #PVC-08-19

**Meet Director:** Brian Pawlowicz (703) 771-7001 [brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)

**Club Officials  
Chair:** Art Davis (703) 625-9288 [emerand@comcast.net](mailto:emerand@comcast.net)

**Location:** [Claude Moore Recreation Center](#)  
46105 Loudoun Park Lane  
Sterling, VA 20164  
Phone: 571-258-3600

<b>Schedule:</b>	Session I: Girls	warm-up 7:00-7:30 AM	Events 7:45 AM
	Session II Boys	warm-up 11:00-11:30 AM	Events 11:45 AM

### Meet Format & Scoring:

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.

**Awards:** Special Awards will be given for 1<sup>st</sup> to 8<sup>th</sup> place – Pentathlon  
Ribbons will be given for 1<sup>st</sup> to 8<sup>th</sup> place – Individual events

**T-Shirt** A meet t-shirt will be available for purchase on a **pre-order basis only!!** A very limited number of shirts will be available at the meet. Please fill out and follow the instructions for t-shirt purchase on the attached form.

**Concessions** Concessions will be available to purchase at the meet.

**Vendor** Aardvark Swim & Sport will be at the meet to sell equipment and apparel.

**Eligibility:** Open to all registered Potomac Valley Swimming Swimmers 9 years of age and under. Non-PVS clubs may request an invitation from the Meet Manager; however, non-PVS athlete participation will be limited to a maximum of 20%. It may be necessary to limit entries in certain events due to time constraints. Swimmers shall compete at the age attained on the first day of the meet.

**Inclusion Policy for Swimmers with Disability**

PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**Rules:** Current United States Swimming rules shall govern the meet. A contestant may enter a maximum of five (5) events. **This meet is pre-seeded. No late entries or deck entries will be accepted.**

**Warm-Up:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

**Admission:** There is no admission charge. Programs for each session will be available for \$2.00 each.

**Officials:** Certified Officials who have not been contacted should volunteer, please sign in with the Referee. An Officials meeting will be held no later than 10 minutes before the end of each warm-up session. If you wish to volunteer ahead of time, please contact Art Davis at (703) 625-9288 or email at [emerand@comcast.net](mailto:emerand@comcast.net)

**Supervision:** Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.

**Facility:** The competition pool is 10 lanes. Lanes 2-9 will be used for competition, with lanes 1 & 10 for warm-up / warm down. The meet may be expanded to use lanes 1-9 based on the number of entries, but the appropriate amount of rest for the swimmers between events will be considered in the time line.

**Seating:** Seating is available via on-deck bleachers.

**Timers:** This is very important at this meet, as no electronic timing will be used. Watch times only 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.

**Entries:** Entries may be sent via e-mail.

1. Entries must arrive by the due date and time
2. Please do not send entries with a no time, (NT). Due to timing constraints, we would like to have a semi-accurate time line. We realize that this may be one of the first meets your young swimmers enter, so please do the best you can.

3. Include with your commlink file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files.
4. In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (e-mail, phone, officials contact).
5. Send e-mail to [brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)
6. Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.

Entries may be sent via mail/express mail/ etc.

Computer disk entries (Hy-tek) are encouraged. Disk entries require one (1) meet entry report by **name** and one (1) by event from *Team Manager*. Entries may also be submitted on a PVS Master Entry Sheet. All entries must include a completed "**Entry Cover Sheet**".

**Fees:** Fees for individual events are \$5.00. The fee for the Pentathlon is \$25.00 total. Each participating Club is requested to remit one check to cover the entry fee for the entire team. **Please do not send cash.** Entry fees are due with entries.

**Checks:** Make checks payable to **CURL-BURKE SWIM CLUB.**

**Entry Deadline:** All entries must be submitted for this meet no later than  
**5:00 PM, Wednesday, November 7, 2007**  
**Note: NO fax or phone entries will be accepted.**

**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.

**Send Entries To:** **Brian Pawlowicz** (703) 771-7001  
813 Melody Ct. SE  
Leesburg, VA 20175  
[brianpawlowicz@cubu.org](mailto:brianpawlowicz@cubu.org)

Session I – Girls

Warm-up: 7:00-7:30 AM First Event 7:45 AM

<u>Event #</u>	<u>Age</u>	<u>Event</u>
1	7 & under	25 yard Butterfly
2	8 year old	25 yard Butterfly
3	9 year old	50 yard Butterfly
4	7 & under	25 yard Backstroke
5	8 year old	25 yard Backstroke
6	9 year old	50 yard Backstroke
7	7 & under	25 yard Breaststroke
8	8 year old	25 yard Breaststroke
9	9 year old	50 yard Breaststroke
10	7 & under	25 yard Freestyle
11	8 year old	25 yard Freestyle
12	9 year old	50 yard Freestyle
13	7 & under	100 yard IM
14	8 year old	100 yard IM
15	9 year old	100 yard IM

Session II – Boys

Warm-up: 11:00-11:30 AM First Event 11:45 AM

<u>Age</u>	<u>Event</u>	<u>Event #</u>
7 & under	25 yard Butterfly	16
8 year old	25 yard Butterfly	17
9 year old	50 yard Butterfly	18
7 & under	25 yard Backstroke	19
8 year old	25 yard Backstroke	20
9 year old	50 yard Backstroke	21
7 & under	25 yard Breaststroke	22
8 year old	25 yard Breaststroke	23
9 year old	50 yard Breaststroke	24
7 & under	25 yard Freestyle	25
8 year old	25 yard Freestyle	26
9 year old	50 yard Freestyle	27
7 & under	100 yard IM	28
8 year old	100 yard IM	29
9 year old	100 yard IM	30

# 2007 Pilgrim Pentathlon Meet Pre-Order - T-SHIRT ORDER FORM

1. Print & complete this form.
2. Attach a check payable to Curl-Burke Swim Club with your completed form.
3. Mail your completed order form & check to:

Curl-Burke Swim Club  
c/o Karen Pawlowicz  
813 Melody Court  
Leesburg, VA 20175

**\*\*\*Order forms with payment must be received by Oct 31, 2007 Order forms without a check or received after Oct 31, 2007 will not be processed.**

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

Swimmer's Name: \_\_\_\_\_

Swimmer's Mailing Address: \_\_\_\_\_

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

Phone Number:(\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

**Short Sleeved T-shirt**  
**\$18.00**  
  
**(# Ordered)**

Youth Med	_____		_____
Youth Large	_____		_____
Adult Small	_____		_____
Adult Medium	_____		_____
Adult Large	_____		_____
Adult X-Large	_____		_____

#Short Sleeved T-shirts ordered \_\_\_\_\_ X \$18.00 = \$ \_\_\_\_\_

Check Amount TOTAL \$ \_\_\_\_\_

**\*\*\*T-shirts will be distributed at the meet\*\*\***



The picture shown DOES NOT reflect specific merchandise ordered. It solely for the purpose of showing the size of the artwork relative to the medium it is going on.



TO: Coaches/USA Swim Teams

From: Meet Mgt Team  
Curl-Burke Swim Club



Subject: **Helping Others – Pilgrim Meet**

We are asking **all teams** to participate in a food drive that will assist Loudoun Interfaith Relief. They have asked us to collect canned meat, i.e. Spaghetti O's, Chef Boyardee products in cans. Every swimmer who brings a canned meat product will be given a raffle ticket for prizes that will be donated by our team dealers, Underwater Wear, Sports Fair, and Aardvark Swim and Sport.

If you forget your "canned donation", you can make a cash donation or check (\$5.00) to Loudoun Interfaith Relief ([www.loudouninterfaithrelief.org](http://www.loudouninterfaithrelief.org)), and your swimmer will receive a raffle ticket.

It's a time to be thankful and thoughtful, and to be helpful for those less fortunate. Let's make this a great opportunity to help others. Please ask your swimmers to participate at the **9<sup>th</sup> Annual Pilgrim Pentathlon Swim Meet** at Claude Moore Recreation Center.

