



**9 & Under Mini Meet
PILGRIM PENTATHLON
November 21, 2010**



Sponsored by CURL-BURKE SWIM CLUB

Sanctioned by UNITED STATES SWIMMING
through VIRGINIA SWIMMING, INC.

Sanction# VS-11-02N

and by POTOMAC VALLEY SWIMMING

Sanction # PVC-11-21

Meet Director: Brian Pawlowicz (703) 319-4168 brianpawlowicz@cubu.org

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

Meet Referee: Art Davis (703) 625-9288 emerand@comcast.net

Facility: Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600
One 25-yard course will be used during each session. Warm-up / warm-down lane will be available throughout the meet.
Water depth ranges from 6'8" to 12'6" at both the starting end and turning end.
The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

Schedule:	Session I:	Girls	warm-up 7:00-7:30 AM	Events 7:45 AM
	Session II	Boys	warm-up 12:00-12:45 PM	Events 1:00 PM

NOTE: Session warm-Up and Start Times may be adjusted based on the number of entries received. Please watch for any changes that will be posted on www.pvswim.org.

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. Winner of the Pentathlon will be determined by the lowest aggregate time of the events swum. A disqualification in any one of the events will make you ineligible for the pentathlon award.

Awards: Special Awards will be given for 1st to 8th place – Pentathlon
Ribbons will be given for 1st to 8th place – Individual events

Concessions Concessions will not be available to purchase at the meet.

Vendor **TBD**

T-Shirt Information forthcoming.

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.**

The use of equipment capable of taking pictures (i.e. cell phones, camera, PDA's ect) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

The practice of deck changing is prohibited at all PVS Sanctioned events. Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.

Swimmers in the meet, unaccompanied by a USA-S Coach must be certified by an USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.

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

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 1-8 will be used for competition, with lanes 9 & 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 entry 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
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 entries (Hy-Tek) are encouraged. Electronic 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**". Paper entries require an additional \$20.00 processing fee.

Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

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, Tuesday, November 16, 2010

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) 319-4168
2704 Willow Drive
Vienna, VA 22181
brianpawlowicz@cubu.org

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Claude Moore Recreation Center and the Curl Burke Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event

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: 12:00-12:45 PM First Event 1:00 PM

<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

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), 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 10th *Annual Pilgrim Pentathlon Swim Meet* at Claude Moore Recreation Center.

