



**9 & Under Mini Meet  
POLAR PENTATHLON  
January 31st, 2016**



**Sponsored by NATION'S CAPITAL SWIM CLUB**

Sanctioned by UNITED STATES SWIMMING  
through POTOMAC VALLEY SWIMMING and  
Sanction # **PVI-16-47**

**Meet Director:** Mark Faherty (703) 861-9089 fahertyswim@yahoo.com

**Club Officials  
Chair:** Ray Nash [raynashdvcc@aol.com](mailto:raynashdvcc@aol.com)

**Meet Referee:** Art Davis [emerand@comcast.net](mailto:emerand@comcast.net)

**Location:** Claude Moore Recreation Center  
46105 Loudoun Park Lane  
Sterling, VA 20164  
571-258-3600

**Schedule:**

Girls	warm-up 8:10-8:50 AM	First Event 9:00 AM
Boys	warm-up 12:00-12:40 PM	First Event 12:50 PM

**Entry into the building will not begin before 7:50 am for swimmers and parents.**

**NOTE:** Session Warm-Up and Start Times may be adjusted based on the number of entries received. The Meet Director reserves the right to make changes necessary to finish the session timely, including limiting entries. Please watch for any changes that will be posted on [www.nationscapitalswimming.com](http://www.nationscapitalswimming.com).

**Facility:** One eight (8) lane, 25-yard course will be during each session. 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).

**Timing:** Automatic timing (pads primary) will be used for this meet (50y and up events). Manual timing (stopwatches only) may be used for this meet (25y events).

**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 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.

**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 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.

**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) individual events.

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. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA’s etc) are banned from behind the starting blocks during the entire meet, including warm up, competition, and cool down periods.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

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.

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 & U events per Rule 205.3.1F.

**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 [emerand@comcast.net](mailto:emerand@comcast.net)

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

**Timers:** This is very important at this meet; 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.

**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 Mark Faherty [fahertyswim@yahoo.com](mailto:fahertyswim@yahoo.com) Please include the subject line as "Polar Entries XXX" substituting XXX with your team name and site location if more than one site within your club. Otherwise my email filter may not let your e-mail through.
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.

**Deck Entries:** 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.

**Fees:** Fees for individual events are \$5.00. The fee for the Pentathlon is \$25.00 total. A \$3.75 surcharge per athlete is assessed to cover admittance fees charged by the facility. 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 before the day of the meet.

**Checks:** Make checks payable to **Nation's Capital Swim Club.**

**Send Checks To:**                   **Att:** Karyn McCannon  
Nation's Capital Swim Club  
8120 Woodmont Ave #101  
Bethesda, MD 20814

**Entry Deadline:** All entries must be submitted for this meet no later than  
**5:00 PM, Wednesday, January 20, 2016**  
**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.

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Nation's Capital Swim Club, and the Claude Moore Recreation Center 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 8:10 -8:50 AM, Events start at 9:00 AM**

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

**Session II – Boys**  
**Warm up 12:00 to 12:40 PM, Events start at 12:50 PM**

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