

Frozen Penguin 9-12 & 13 and Over Year Old Pentathlon
February 14th 2016
At the Fairland Aquatics Center

Sponsored by the Patuxent Aquatics Club (PAC)

Sanctioned by UNITED STATES SWIMMING through POTOMAC VALLEY
Sanction # PVI-16-59

Meet Director: John Venit 301-725-7711 dpws@aol.com
Club Officials Chair: Cherlynn Venit 301-725-7711 dpws@aol.com
Meet Referee: Cherlynn Venit

Facility: Fairland Aquatics Center 13820 Gunpowder Road Laurel MD 20707
Phone: (301) 363-6060

Facility: The Fairland Aquatics Center is a 19 lane 25 yard pool. Water depth ranges from 5 – 13 feet at the starting end to 5 - 13 feet at the turning end. The competition courses have not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).

Timing: Manual timing (stopwatches only) will be used for this meet.

Schedule: Warm-up 7:00 – 8:00 AM Events 8:05 AM **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 and moving swimmers from the 100 to the 50. The Meet Director also has the option of running dual courses at the facility – One course for girls and one course for boys (If Needed)

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

Seating: Officials, Timers, USA Swimming Registered Coaches and Swimmers only will be permitted on the pool deck.

Awards: For individual events, ribbons will be awarded for 1st to 8th place. For 100 yd. events, ribbons will be awarded to the following age groups: 9-10, 11-12, 13-14 and 15 & Over. For 50 yd. events, ribbons will be awarded to the following age groups: 9-10, 11-12, 13-14 and 15 & Over.

Eligibility: Open to all registered Potomac Valley Swimming Athletes 9-12 years of age (Session 1) and athletes 13 and Over (Session 2). Also open to Out of Town Teams. 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...Pentathlon

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 Cherlynn Venit 301-725-7711 or email at dpws@aol.com.

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, 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. Entries with a no time, (NT) will be accepted.
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 Cherlynn Venit dpws@aol.com
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 are \$6.00 for individual events. 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 Patuxent Aquatics Club

Entry Deadline: All entries must be submitted for this meet no later than

5:00 PM, Thursday Feb 4th 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.

Send Entries and Checks To:

Patuxent Aquatics Club
414 Forest Bridge Ct
Laurel MD 20724

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Patuxent Aquatics Club, and the Fairland Aquatics Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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SESSION 1

Warm Up- 7:00 - 7:55am- Events - 8:05AM

Swimmer may compete in up to 5 events

Girls Event #	Event Boys	Event #
1	9-10 Year Old 50 Freestyle	2
3	11-12 Year Old 50 Freestyle	4
5	12 & Under 100 Freestyle	6
7	9-10 Year Old 50 Butterfly	8
9	11-12 Year Old 50 Butterfly	10
11	12 & Under 100 Butterfly	12
13	9-10 Year Old 50 Backstroke	14
15	11-12 Year Old 50 Backstroke	16
17	12 & Under 100 Backstroke	18
19	9-10 Year Old 50 Breaststroke	20
21	11-12 Year Old 50 Breaststroke	22
23	12 & Under 100 Breaststroke	24
25	9-10 Year Old 100 IM	26
27	11-12 Year Old 100 IM	28
29	12 & Under 200 IM	30

Reminder: In order to be eligible for the Pentathlon Awards, swimmers must participate in the following (5) five events:
9-10 & 11-12 - 50 fly, 50, back, 50 breast, 50 free and 100 IM
OR the 12 & Under - 100 fly, 100 back, 100 breast, 100 free and 200 IM

SESSION 2

Warm Up- 12 Noon – 1:00 PM - Events – 1:05 PM

Swimmer may compete in up to 5 events

Girls Event #	Event	Boys Event #
31	13 & Over 200 Freestyle	32
33	13 & Over 50 Freestyle	34
35	13 & Over 100 Butterfly	36
37	13 & Over 100 Backstroke	38
39	13 & Over 100 Breaststroke	40
41	13 & Over 100 Freestyle	42
43	13 & Over 200 IM	44

Reminder: In order to be eligible for the Pentathlon Awards, swimmers must participate in the following (5) five events:
13-14 - 100 Fly, 100 Back, 100 Breast, 100 Free and 200 IM
15-18 - 100 Fly, 100 Back, 100 Breast, 100 Free and 200 IM