



**10 & Under Mini Meet**  
**POLAR PENTATHLON**  
**January 26th, 2020**  
**Sanction # PVC-20-52**  
**and VSI # VS-20-52DS**

Hosted by:



<b>MEET DIRECTOR</b> <b>And entry coordinator</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	<b>MEET REFEREE</b> Rich McMillen <a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>	<b>CLUB OFFICIALS CHAIR</b> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>
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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: PVC-20-52 and Virginia Swimming, Inc.: VS-20-52DS.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming Inc., Nation's Capital Swim Club, 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>	Claude Moore Recreation Center 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600
<b>ENTRY DEADLINE</b>	<b>5:00 pm, Friday, January 17, 2020</b>  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.
<b>SCHEDULE</b>	<b>Sunday, January 26<sup>th</sup>, 2020</b>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered Potomac Valley Swimming swimmers 10 years of age and under except those who have obtained a JO cut or NCAP Invitational cut in 2 or more events.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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 <a href="#">Inclusion Policy</a> 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>• Semi-automatic timing (buttons primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), 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 (e.g., 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>• 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>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• A contestant may enter a maximum of five (5) individual events.</li> <li>• All events are timed finals.</li> <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. A disqualification in any one of the events will make you ineligible for the pentathlon award.</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. Coaches are requested to bring names of any athlete not in</li> </ul>

	attendance to the computer table before the session begins.
<b>SCORING</b>	<ul style="list-style-type: none"> <li>This meet is not scored, awards are given based on place.</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>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs for each session will be available for \$2.00 each.</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.</li> </ul>
<b>OFFICIALS</b>	<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 Stroke &amp; Turn Judge) per session if entering 25 or more splashes.</li> <li>If you wish to volunteer ahead of time, please contact Rich McMillen at <a href="mailto:padre1993@gmail.com">padre1993@gmail.com</a>.</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>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are required to provide timers in proportion to their entries. 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.</li> <li>Acceptance of the club entries is based on compliance with the above. The host club will provide one (1) timer per lane.</li> </ul>
<b>ENTRY PROCEDURES</b>	<p><b>Entries should be submitted by email to the Meet Director. Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></b></p> <ul style="list-style-type: none"> <li>Include in the subject of the email, “2020 Polar Pentathlon Mini - ****” with the club’s initials 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>

<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$3.75 Individual event fee: \$5.00 Deck entries: \$10.00</p> <ul style="list-style-type: none"><li>• Make checks payable to Nation's Capital Swim Club. Checks may be mailed to: Nation's Capital Swim Club Attn: Karyn McCannon 8120 Woodmont Ave, Suite 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.</li></ul>
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# 2020 10&Under Polar Pentathlon Mini

January 26, 2020

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

First Event 9:00 AM  
First Event 12:50 PM

Boys Event	Age Group	Event Description	Girls Event
1	7& Under	25 yard Butterfly	21
2	8 year old	25 yard Butterfly	22
3	9 year old	50 yard Butterfly	23
4	10 year old	50 yard Butterfly	24
5	7& Under	25 yard Backstroke	25
6	8 year old	25 yard Backstroke	26
7	9 year old	50 yard Backstroke	27
8	10 year old	50 yard Backstroke	28
9	7& Under	25 yard Breaststroke	29
10	8 year old	25 yard Breaststroke	30
11	9 year old	50 yard Breaststroke	31
12	10 year old	50 yard Breaststroke	32
13	7& Under	25 yard Freestyle	33
14	8 year old	25 yard Freestyle	34
15	9 year old	50 yard Freestyle	35
16	10 year old	50 yard Freestyle	36
17	7& Under	100 yard IM	37
18	8 year old	100 yard IM	38
19	9 year old	100 yard IM	39
20	10 year old	100 yard IM	40

This meet is open to all registered Potomac Valley Swimming swimmers  
10 years of age and under except those who have obtained a  
JO cut or NCAP Invite cut in 2 or more events.

**JO Cuts for 2020\* are as follows:**

Girls LCM	Girls SCY	Events	Boys SCY	Boys LCM
37.29	32.69	50 Free	32.59	37.19
43.99	38.29	50 Back	38.49	44.29
49.59	43.09	50 Breast	43.59	50.39
42.69	37.09	50 Fly	37.39	42.79
N/A	1:22.09	100 IM	1:21.79	N/A

\*If the 2020 times change per PVS competition committee, then these times will change to match those.

**NCAP Invitational Cuts for 2019 are as follows:**

Girls LCM	Girls SCY	Events	Boys SCY	Boys LCM
37.19	32.99	50 Free	32.99	37.09
44.89	38.99	50 Back	38.79	44.79
50.69	43.39	50 Breast	43.39	50.49
43.69	37.99	50 Fly	38.59	43.89
N/A	1:22.79	100 IM	1:23.99	N/A