

**RIOS Pentathlon Sprint Meet
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Rock Island Orca Swimming

**Pentathlon Sprint Meet
December 2nd, 2007**

Sanction: ILS07-1203

Sanctioned by USA Swimming, Inc. and Illinois Swimming, Inc.

Meet Directors and Entry Person:

Questions regarding the meet and entries can be directed to:

Matt Pappas

309-236-6137

1617 2nd. Ave.

Rock Island IL. 61201

E-Mail: matt_pappas@mac.com

Format:

AM Session: Warm-Ups 7 am. Meet Starts 8 am.

PM Session: Warm-Ups not before 11:30 am. Meet starts 1 hour after warm-ups.

Pool Location:

Rock Island High School, 1400 Twenty-fifth Avenue, Rock Island, IL 61201.

Pool:

The R.I.H.S. pool is a 25-yard, six-lane pool with non-turbulent lane lines, starting blocks, and a Colorado automatic timing system. Seating is available for about 300 persons. Depth at the primary starting end of the pool is 9 feet. Depth at the shallow end is 3.5 feet. 8 & under relays will start from in the water for the shallow end.

Eligibility:

Only USA Swimming, Inc. registered swimmers are eligible. Entries listed. Registration applied for will not be accepted. Age for this meet shall be the Swimmers age as of December 2nd, 2007. USA Swimming registration forms can be obtained from Illinois Swimming, Inc., 3166 S. River Road, Des Plaines IL 60018. Telephone: 847-824-1596. Fax: 847-824-1726.

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Events:

This is a timed finals meet. No deck entries will be accepted. All heats will be deck seeded. Heats will be seeded slowest to fastest. Swimmers failing to report to Clerk of Course will be scratched. 8 & under 2nd and 4th relay swimmer will start from in the pool.

If you would like a downloadable file of the ordered events, please e-mail matt_pappas@mac.com

Positive Check-in Meet:

There will be a positive check-in at the meet. Positive check-in will close 25 min. prior to the start of the session.

Qualifying Times:

No qualifying times or cutoff times apply.

Pentathlon and Entry Limit:

Swimmers are limited to 5 individual events.

To qualify for a Pentathlon award, a swimmer must have successfully completed all five of the following events in his/her age group:

8 & Under 10 & Under 11 & 12 13 & Over

25 Free 50 Free 100 Free 100 Free
25 Back 50 Back 100 Back 100 Back
25 Breast 50 Breast 100 Breast 100 Breast
25 Fly 50 Fly 100 Fly 100 Fly
100 IM 100 IM 200 IM 200 IM

Pentathlon winner awards for individuals are awarded based on total cumulative time for the five events. Relay swimmers must be entered in at least one individual event. Deck entries will not be permitted.

Entry Fees:

The entry fee for this meet is \$3.00 for individual events and \$7.00 for each relay and a \$2.00 Splash fee.

Entry Deadlines:**RIOS Pentathlon Sprint Meet****Page 3**

Entries, with all enclosures, must be received no earlier than 12:00 p.m., November 2, 2007 and not later than 9:00 p.m., November 23, 2007. If you wish to have verification that your entry packet has arrived, please enclose a stamped, self-addressed envelope or postcard. No late entries will be accepted. Entries will be accepted, subject to the 4-hour rule, until the maximum time limit is reached and entries received thereafter will be returned immediately.

Entry Forms:

The enclosed summary sheet and release, signed by the coach, parent, or club representative must accompany all entries. Please submit all entries using short course yards times. Clubs are strongly urged to submit entries on a Hy-Tek 3.5" disk. If you would like to e-mail your entries, send to:

matt_pappas@mac.com via a Zip file (note: you must still send your disc and hardcopy with-in 72 hours) A Hy-Tek printout must accompany computer entries. Do not submit individual entry cards for each event. The host club shall provide and prepare all individual entry cards.

For those clubs using the enclosed forms, a typed list of swimmers' names and registration numbers would be greatly appreciated. All paper entries must be submitted on the entry forms attached or a facsimile. Be sure that the swimmers whole name (first, last, and middle initial) and whole registration numbers are legible on the entry form. All entries must be accompanied with the release form included in this packet and signed by a club official. Failure to comply with any of the above requirements is sufficient grounds to refuse entry. Mail entry forms and a check to: Matt Pappas 1617 2nd. Ave. Rock Island IL. 61201

Time Limit:

Entries will be accepted until the maximum time limit, subject to the 4/10 hour rule is reached and entries received thereafter will be returned.

Meet Schedule:

Warm-ups for the morning session will start at 7a.m. Positive check in closing at 7:25. Warm-ups for the afternoon session (11 & 12, 13 and up) will not begin before 11.30 a.m. Positive check-in will close 25 min. prior to the start of the session (@12:05). The meet will use fly over starts format except for backstroke and 8 & under events.

Scoring:

Pentathlon Scoring- Swimmers score will be calculated by the sum of the time of all individual events. The swimmer will be ranked by the sum of these times fastest to

slowest. DQ, NS or not swimming an event will disqualify the swimmer from completing the Pentathlon scoring.

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Awards:

A trophy will be awarded for first - third place in each age group (8 & under, 9, 10,11,12,13,14,15-16, 17 & over) for Pentathlon events, and a ribbon will be given to all swimmers who complete all Pentathlon events. For individual events, ribbons will be awarded for both A, BB and B times through sixth place. A times will be awarded rosette ribbons. BB times will be awarded double flat ribbons. B times will be awarded flat ribbons. Awards will be given to the top three relay teams in each relay event. All awards will be distributed to each teams coach or team representative.

Concessions and Sales:

Spectator admission to the meet will be \$2.00 per person. The concession stand and swim wear (Action Accents) will be available in the lobby. Heat sheets will be available for \$5.00 and individuals who wish to order copies of the final results will be able to do so at the stand for \$5.00.

A. WARM-UP PROCEDURES

1. General Warm-up (first 30-45 minutes)

- a. NO DIVING allowed from the blocks or edge of pool. Swimmers must enter the pool feet first, while maintaining contact with the deck with the body and a hand from the start end of the pool.
- b. No sprinting or pace work allowed during this general warm-up session.
- c. Entry into pool from starting end of pool only, unless noted otherwise by the meet director and meet referee.

2. Specific Warm-up (last 30-45 minutes)

- a. Push/Pace Lanes - Push off one or two lengths from starting end. Circle swim only. NO DIVING.
- b. Diving Lanes - Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One length only)
- c. General Warm-up Lanes - NO DIVING. Circle swim only.
- d. At approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

POOL LANE USE PUSH/PACE DIVING GENERAL WARM-UP 6 LANE 1&6 2&5
3,4 8 LANE 1&8 2&7 3,4,5,6 10 LANE 1&10 2&9 3,4,5,6,7,8

B. SAFETY GUIDELINES

1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.

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2. Host Team Responsibilities

a. Marshaling

- 1) A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee, shall be on the deck during the warm-up session.
- 2) Marshals shall be current members of USA Swimming.
- 3) Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.

b. The host team shall provide signs for each lane at both ends of the pool, which indicate the designated use during warm-up.

c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet.

d. An announcer shall be on duty for the entire Warm-up session to announce lane and/or time changes and to assist with the conduct of the Warm-up.

e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

3. Miscellaneous:

a. Backstrokes shall ensure that they are not starting at the same time as a swimmer on the blocks.

b. Swimmers shall not jump/dive to stop another swimmer on a recalled start.

c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.

d. Warm-up procedures shall be enforced for any breaks scheduled during the competition.

e. The Referee may restrict use of bands, hand paddles, or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.

Coaches: Coaches must be current USA Swimming Coaches Member to be allowed on deck, and must display their current USA Swimming coaching membership card at all times. Coaches: cards must be presented when picking up the coaches' packets from the computer table at the meet. Lunch tickets will be provided for all coaches and officials working the meet.

Coaches Responsibilities:

- Coaches shall instruct their swimmers regarding safety requirements and shall actively supervise warm up procedures as they apply to conduct at meets and practices.

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- Coaches shall be on deck during the warm ups and shall actively supervise their swimmers throughout all warm up sessions at the meet and at all practices.

Marshaling:

- Marshals appointed by the meet referee will attend all warm-up sessions to assure that the safety procedures are enforced.

- Marshals shall have the authority to remove any swimmer or coach who is in violation of the safety requirements of warm up procedures from the deck for the remainder of the session.

- Flagrant violations of safety requirements of warm up procedures by a swimmer may result in the swimmer being barred from their next individual event.

Final Results:

- Final results will be mailed to all competing teams who have five or more swimmers. Individuals who wish a copy of the final results may sign up at the concession table or the program sales table. Cost of the final results is \$5.00.

Additional Information:

- Questions regarding this meet and/or the entries can be directed to the Meet Director and/or the Entry Chairperson as noted above. We ask that each participating team please help by providing two timers per session.

Rules:

- All USA Swimming and ISI rules apply, including the No Show and Scratch rules. ISI safety rules will be strictly enforced.

Safety Coordinator: Kleber Macias

Head Referee: Irma Gripp

Pentathlon
Order of Events

A.M. session warm ups at 6:45, meet begins at 8:00

Girls	Events	Boys
1	8& U 25 Fly	2
3	9-10 50 Fly	4
5	8 & U 25 Back	6
7	9- 10 50 Back	8
9	8& U 25 Breast	10
11	9-10 50 Breast	12
13	8& U 25 Free	14
15	9-10 50 Free	16
17	8& U 100 IM	18
19	9-10 100 IM	20

P.M session warm ups not before 11:30, meet starts 1 hour after warm ups

21	11-12 100 Fly	22
23	13-14 100 Fly	24
25	Senior 100 Fly	26
27	11-12 100 Back	28
29	13-14 100 Back	30
31	Senior 100 Back	32
33	11-12 100 Breast	34
35	13-14 100 Breast	36
37	Senior 100 Breast	38
39	11-12 100 Free	40
41	13-14 100 Free	42
43	Senior 100 Free	44
45	11-12 200 IM	46
47	13-14 200 IM	48
49	Senior 200 IM	50

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Complete this form and mail it along with entry forms OR Hy-Tek disks and printouts, and a check payable to RIOS to:

Matt Pappas 1617 2nd. Ave. Rock Island IL. 61201

Summary of Fees

8 & Under # of entries ____ @ \$3.00 = \$_____

10 & Under # of entries ____ @ \$3.00 = \$_____

11 & 12 # of entries ____ @ \$3.00 = \$_____

13 & 14 # of entries ____ @ \$3.00 = \$_____

Senior # of entries ____ @ \$3.00 = \$_____

Surcharge # of swimmers ____ @ \$2.00 = \$_____

NOTE: Afternoon session only has Sr. relays NO- 11-12,13-14

of relays ____ @ \$7.00 = \$_____

Total = \$_____

Name of Club _____ Club Code _____ - _____

Mailing Address _____ LSC _____

City, State: _____ Zip: _____

Phone: Day _____ Evening: _____

Team/coaches e-mail address: _____

Names of Attending Coaches:

1.) _____ 2.) _____

3.) _____ 4.) _____

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club, and all participants of the meet from my club, hereby consign, waive and release any and all rights and claims for damages which may accrue against United States Swimming, Inc., Illinois Swimming, Inc., Rock Island Orca Swimming, Rock Island School District #41, their representatives, directors, officers, employees or successors for any and all injuries suffered by me or any contestant or representatives in said meet, as a representative of my club. I attest that all athletes entered in this meet are duly and currently registered with USA Swimming.

Coach, Parent, or Club Representative: _____

Title: _____ Date: _____

This signed release and your check must accompany your entries or your entries will not be accepted. Entries must be received no earlier than 12:00 p.m., November 2, 2007 and no later than 9pm, November 23, 2007