

## DECEMBER DISTANCE PENTATHLON

Hosted by Carson Tigersharks

co-sponsored by Pacific Swimming

FRIDAY – SUNDAY December 4 - 6, 2015

Enter Online: <http://ome.swimconnection.com/pc/cars20151204>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-159**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet, which may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**  
**Meet Referee:** Jim Morefield      **Head Starter:** John Pettibone  
**Meet Marshal:** Gary Kolb      **Admin Officials:** Veronica Harmon, Karen DeBusk, Marie Kissinger  
**Meet Director:** Christina Saenz; [christina.saenz@sbcglobal.net](mailto:christina.saenz@sbcglobal.net) 775-450-2984

**LOCATION:** Carson Aquatic Facility, 841 N. Roop St. Carson City, NV.

**DIRECTIONS:** From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel west for 0.9 mile. Turn left into Mills Park and the Carson City Community Center. Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

**COURSE:** 25 yard by 50 meter indoor pool with up to 8 short-course lanes for competition and 8 lanes for warm-up and warm down. Colorado Timing system with touch pads and scoreboards will be used. The minimum water depth in the competition course as measured in accordance with Article 103.2.3, is 5 feet at the start end and 5 feet at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

### TIME:

- **FRIDAY SESSION:** meet begins at 5:00 pm with warm-ups from 4:00 – 4:45 pm.
- **SATURDAY 12 & UNDER (All):** meet begins at 12:15 pm with warm-ups from 11:00 am – 12:00 pm.
- **SUNDAY 13 & OVER (All):** meet begins at 9:00 am with warm-ups from 7:45 – 8:45 am.

### RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals and will be seeded fast to slow.
- Swimmers may enter as many events as they wish, but shall check in for and compete in **no more than 5 individual events per day and 8 individual events total.**
- **All swimmers 12 and under should complete competition within four (4) hours each session. A session will be declared full and closed prior to the entry deadline if the estimated timeline exceeds four hours for ages 12 & under.**
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their valid USA-S membership cards in a visible manner at all times while on deck.** All coaches are required to sign in at the meet before the beginning of warm-ups and present their valid registration card. Except for coaches accompanying athletes participating under the provisions of 202.8 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

**DISTANCE:**

- **Per Zone-4 policy, to be eligible to enter the 1000 freestyle, a swimmer must have previously established an official time in an event of 400y/400m or longer.**
- All swimmers entered in the 1000 freestyle must be **checked in by 5:00 pm on Friday otherwise they will be considered scratched from the event.**
- The 1000 freestyle will be swum alternating women's and men's heats.
- All swimmers in the 1000 freestyle must provide their own timers and lap counters.

**UNACCOMPANIED SWIMMERS:** Every athlete competing at the meet must be accompanied by a USA Swimming coach member for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming coach member. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Coach Member.

**RACING START CERTIFICATION:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** the following prohibitions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating, standing areas, and all areas used by swimmers during the meet and during warm-up period.

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages.
- No glass containers.
- No propane heaters.
- No animals except service animals.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- **IMPORTANT:** All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.
- Closed areas on the pool deck may exist. Cooperation of swimmers, families and coaches is appreciated.
- Destructive devices, including but not limited to explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

**ELIGIBILITY:**

- Swimmers must be current athlete members of USA Swimming, and must enter their name and registration number exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host will check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Entries with **"NO TIME" will be ACCEPTED (Exception: see distance rules).**
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event. Close of check-in for all events shall be no earlier than 60 minutes before the estimated time of the start of the first heat of the event.

**SCRATCHES & NO-SHOWS:** Any swimmer not reporting for or competing in an individual event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**ENTRIES:** Entries must be submitted using the swimmer's best short-course yards time for each event. All entry times must be submitted in yards. **NO LATE ENTRIES OR DECK ENTRIES WILL BE ACCEPTED. NO REFUNDS will be given except in the case of a**

**mandatory scratch-down.** Entries will be accepted until the deadlines stated below, or until a session is full per the 4-hour rule, whichever occurs first.

**ENTRY FEES:** \$ 4.00 per individual event, \$ 9.00 participation fee per swimmer. All entry fees MUST be included with entry.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/cars20151204> to receive an immediate entry confirmation. The "billing information" email should be brought to the meet as proof of entry. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through **Wednesday, November 25, 2015 at 11:59PM or until a session is full.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best yards time. Entries must be postmarked by midnight, **Monday, November 23, 2015** or hand delivered by **6:30 p.m. Wednesday, November 25, 2015, and may be rejected if a session is already full.**

**Make check payable to: Carson Tigersharks**

**Mail entries to: Becki Boehnke**

**PO Box 1876**

**Carson City, NV 89702**

**Hand deliver entries to: Becki Boehnke**

**841 N. Roop St**

**Carson City, NV 89701**

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place for individual events in the 6 & Under, 7-8, 9-10 and 11-12 age groups on Friday, Saturday and Sunday. Pentathlon awards will be given for 1<sup>st</sup>-8<sup>th</sup> place for the following ages: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18.

**SCORING:** Points will be awarded for the pentathlon awards (Saturday & Sunday events **ONLY**) by place in each event as follows: 32 points for 1<sup>st</sup> place, 29 points for 2<sup>nd</sup> place, 28 points for 3<sup>rd</sup> place, etc.... Individual high point will determine overall pentathlon placing in each age. Only the top 30 swimmers for each age will be scored. In the event of a tie for the 9-10 and 11-12 age groups the 200 IM will be used to determine the places of the tied swimmers. In the event of a tie for the 13 & Overs the 50 freestyle will be used to break ties. In the 8 & Under ages, the 50 freestyle will be used to break ties. Friday's events will not be scored for the pentathlon but will be awarded for the 12 & Unders.

**ADMISSION:** Free. A 3-day meet program will be available for a fee.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Limited hospitality will be available to all working officials and coaches.

**MINIMUM OFFICIALS:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

Club swimmers entered in session:	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**TIMERS:** Clubs will be assigned lanes based on the number of swimmers from each club (host club will not be expected to time).

**EVENT SUMMARY:**

FRIDAY			SATURDAY			SUNDAY	
10 & Under	11-12	13 & Over	8 & Under	9-10	11-12	13-14	15 & Over
200 Free	400 IM*	400 IM*	50 Fly	100 Fly	100 Fly	200 Free	200 Free
	200 Free	1000 Free*#	50 Back	100 Back	100 Back	200 Fly	200 Fly
	1000 Free*#		50 Breast	100 Breast	100 Breast	200 Back	200 Back
			50 Free	100 Free	100 Free	200 Breast	200 Breast
*400 IM and 1000 Free will be swum combined 11 & Overs			100 IM	200 IM	200 IM	50 Free	50 Free

**ORDER OF EVENTS:**

WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
<b>Friday, December 4, 2015</b>			
1	11 & Over	400 IM	2
3	10 & Under	200 Free	4
5	11-12	200 Free	6
7#	11 & Over	1000 Free#	8#
<b>Saturday, December 5, 2015</b>			
9	8 & Under	50 Butterfly	10
11	9-10	100 Butterfly	12
13	11-12	100 Butterfly	14
15	8 & Under	50 Backstroke	16
17	9-10	100 Backstroke	18
19	11-12	100 Backstroke	20
21	8 & Under	50 Breaststroke	22
23	9-10	100 Breaststroke	24
25	11-12	100 Breaststroke	26
27	8 & Under	50 Freestyle	28
29	9-10	100 Freestyle	30
31	11-12	100 Freestyle	32
33	8 & Under	100 IM	34
35	9-10	200 IM	36
37	11-12	200 IM	38
<b>Sunday, December 6, 2015</b>			
39	13-14	200 Freestyle	40
41	15 & Over	200 Freestyle	42
43	13-14	200 Butterfly	44
45	15 & Over	200 Butterfly	46
47	13-14	200 Backstroke	48
49	15 & Over	200 Backstroke	50
51	13-14	200 Breaststroke	52
53	15 & Over	200 Breaststroke	54
55	13-14	50 Freestyle	56
57	15 & Over	50 Freestyle	58

**# A previous official time in an event 400y/400m or longer is required to enter the 1000 freestyle. The 1000 freestyle will alternate women's and men's heats, and swimmers must provide their own timers and lap counters.**

Pacific Swimming – Hosted by Carson Tigersharks  
 December Distance Pentathlon  
 December 4-6, 2015  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY

# of entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
 Participation Fee                      \$ 9.00  
 Total    \$ \_\_\_\_\_

Coach

Swimmer's  
Address

Home Phone	Cell Phone
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Email