



FLY~BACK~BREAST~FREE~IM

THE CUTTEN GREEN CURRENT SWIM TEAM

Invites you to

THE 22nd ANNUAL PENTATHLON SWIM MEET

Sunday, June 15, 2014

**LOCATION: Klein Forest High School
11400 Misty Valley Drive
Houston, Texas 77066**

POOL: Eight lane, 25 yards with non-turbulent lane lines

TIME AND DATE: Sunday, June 15, 2014

Age Groups 8 & Under and 9 & 10's
AM Session Warm-Up at 7:00 AM – Session starts at 8:30 AM

Age Group 11 and Up- scheduled to begin at 2:00pm, however
Warm-Up will begin approximately one hour after morning session
finishes. So keep in touch with

Award presentation immediately following each session

MEET DIRECTOR: Karen Craig (832)-372-3644 pent_swim@yahoo.com

MEET REFEREE: David Miller

OFFICIALS: 2014 NWAL certified officials will officiate. Participating teams are asked to furnish officials.

TIMERS: Teams will be requested to furnish timers based on their percentage of team entries. Timing assignments will be published in the Heat Sheet and available on our website (<http://pentathlon.swim-team.us>)
However, we will also provide a volunteer sign up opportunity prior to each session on Sunday

ENTRIES: Entry fees are **\$25.00** per swimmer. Each swimmer must enter all five events (Fly, back, breast, free, I.M.). Coaches are asked to submit swimmers' best **YARD** times for seeding purposes. Meet Manager files must be submitted for team entries, All entries must be accompanied by the TEAM SUMMARY report and payment.

Add Below:

Make checks payable to **CUTTEN GREEN SWIM TEAM**; payment must accompany entries. **There will be NO on deck entries per NWAL rules.**

REGISTRATION: Entries processed via email (pent_swim@yahoo.com)

****THERE WILL BE NO HAND DELIVERED ENTRIES.** Team that does not submit the entries via electronic media must remit a \$30 surcharge along with the entry fees.

All team's must email their entries to pent_swim@yahoo.com by Noon, Tuesday, June 10th. Any entry received prior to the deadline will not be processed until Tuesday.

Teams must send their fees and hard copies, to be received no later than 5:00PM Friday June 13th to:

**Nancy Michels @
6702 West Greens Road, Houston, Texas 77066
(281-444-6358)**

All Teams will be notified by email when their entries have been imported. Hard copies include: Team Entry Report, Meet Entry Fee Report, Team Contact Information and Team Check)

QUALIFYING TIMES (in YARDS)

8 & U Boys	5:50.00	8 & U Girls	5:50.00
9 – 10 Boys	4:20.00	9 – 10 Girls	4:19.00
11 – 12 Boys	4:25.00	11 – 12 Girls	4:25.00
13 – 14 Boys	4:00.00	13 – 14 Girls	4:10.00
15 – 18 Boys	3:35.00	15 – 18 Girls	3:40.00

QUALIFYING TIMES (in METERS)

8 & U Boys	6:28.50	8 & U Girls	6:28.50
9 – 10 Boys	4:48.60	9 – 10 Girls	4:47.49
11 – 12 Boys	4:54.15	11 – 12 Girls	4:54.15
13 – 14 Boys	4:26.40	13 – 14 Girls	4:37.50
15 – 18 Boys	3:58.65	15 – 18 Girls	4:04.20

NOTE: These times are a composite of all 5 events. Individual times must be submitted for seeding purposes.

Please look over your swimmers' times to be sure they are qualifying times. This year, we are working extra hard to see that all composite times submitted, actually fall within the time standards.

REFUND POLICY: there will be NO refunds.

RULES & SANCTION: the Northwest Aquatic League has sanctioned this meet. All 2014 rules will apply except III.B.2.a. which limits swimmers to three (3) individual events and allows moving up age groups. Rule additions include: (1) All 8 & under must swim an I.M. and (2) All swimmers who are disqualified or absent from an event become ineligible for Pentathlete composite awards. **Time trial times will be accepted due to the fact Pentathlon is a mid-season meet.**

STARTING: The Colorado starting system will be used.

AWARDS:

Individual Events: Ribbons for 1st through 16th place (**points to 10th place**)

Pentathlete Composite determined by cumulative time; Trophy for 1st, Medals for 2nd through 5th place

Ribbons and trophies awarded to the following ages/age groups: 8&U, 9,10,11,12, 13-14,15-18. If there are 10 or fewer swimmers in an individual age group the age groups will be combined. Ie. 9/10, 11/12.

Team awards – by points; First, second and third place team trophies will be awarded to the three highest scoring teams in two groups. The groups will be determined by the number of swimmers per team. Team awards will be based on the total points accumulated..

SCORING: Individual events 11-9-8-7-6-5-4-3-2-1. In the case of a Pentathlete tie the I.M. will be used as the tie breaker.

FOOD: Concessions will be provided.

T-SHIRTS & TOWELS: Will be for sale throughout the meet.

HOSPITALITY: A hospitality room for coaches and officials will be provided.

TEAM AREAS: Set-up is on a first come-first served basis. **THERE IS NO SET-UP BEFORE SUNDAY MORNING.**

WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the meet. There will be no re-seeding at the ready bench. The heat and lane assignments will be shown in the Meet Program that is for sale; the Meet Program will also be posted in a central location.

READY BENCH: As a pre-seeded meet, all heats and lane assignments are made prior to the meet. It is the swimmer's responsibility to be at the Ready Bench Area on time. Announcements will be made to call swimmers to the ready bench. Due to the high volume of swimmers and the pace of the 25-yard heats, it is necessary to call swimmers early; swimmers may be on the blocks when the announcement for their next heat is made.

FACILITY RULES: Because of insurance and safety regulations, the swimming pool deck, during the operation of the swim meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel and timers.

SAFETY GUIDELINES & WARM-UP PROCEDURES

WARM-UP PROCEDURES: Lane Assignments posted on NWAL [6/15](#)

- A. General warm-up (first 1/2 of warm-up for each session):
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (last 1/2 of warm-up for each session):
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. **ONE-WAY ONLY** in all lanes.

SAFETY GUIDELINES:

- A. Coaches Responsibilities:
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and warm-up.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work (last 1/2 of warm-up only)
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- B. Safety Marshals – any swimmer or coach who is in violation of safety guidelines or warm-up procedures may be removed by an authorized Safety Marshall. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- C. Miscellaneous:
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. 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 warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are off limits.
 - 7. During warm-up, unattached and unattended swimmers must report to the Safety Marshal for assignment to a coach before entering the pool.
- D. Facility rules
 - 1. Smoking or use of other tobacco products is not allowed in the natatorium.
 - 2. No glass containers of any type are allowed in the natatorium.

2014 PENTATHLON
TEAM SUMMARY

TEAM NAME: _____ TEAM ABBR: _____

TEAM REPRESENTATIVE NAME: _____

PHONE: _____ E-MAIL: _____

TEAM ENTRY PERSON: _____

PHONE: _____ E-MAIL: _____

ALL AWARDS MUST BE PICKED UP THE DAY OF THE MEET. NO AWARDS WILL BE MAILED OR DELIVERED.

TEAM REPRESENTATIVE PICKING UP AWARDS _____

Phone: _____

CHECK LIST:

1. Team Manager Entry Export via email.
2. Hard Copy meet Entry Report
3. This Team Summary Page
4. Payment – Check payable to Cutten Green Current Swim Team

TIMERS/SCRIBES VOLUNTEER OPPORTUNITY (NOT REQUIRED):

NAME	PHONE	AM/PM (choose one)
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1. _____
2. _____
3. _____
4. _____
5. _____

OFFICIALS AVAILABLE

NAME	PHONE	AM/PM (choose one)
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1. _____
2. _____
3. _____
4. _____

TOTAL FEE: ___ swimmers @ \$25 each = \$_____.

MAP TO KLEIN FOREST HIGH SCHOOL

Klein Forest High School
11400 Misty Valley Drive
Houston Texas 77066

