

PLEASANT VALLEY SWIM TEAM
PRESIDENT'S DAY SPRINT PENTATHLON SWIM MEET

DATE OF MEET:	February 13-14, 2010
SANCTIONED BY:	Southern California Swimming, USA Swimming
STARTING TIME:	A.M. SESSION: 9 a.m. (Check-in/Warm-up at 7:30 a.m.) P.M. SESSION: Will not start prior to 12:00 p.m. Warm-up 45 minutes prior to start
SANCTION #:	10-014
ENTRY DEADLINE:	Postmarked by Monday, February 1, 2010 or hand delivered by Wednesday, February 3, 2010 5:00pm to Beverly Pierson (see address at bottom). Entries will be limited to meet the 4-hour rule. Please mail early. <u>Do not hand deliver to the pool!</u>
LOCATION:	Pleasant Valley Aquatic Center, 1030 Temple Ave., Camarillo, CA. From the 101 freeway, exit at Carmen Drive and go north. Proceed to Ponderosa Dr., turn right. Continue on Ponderosa until Temple Ave, turn right. Pool is the second building on the left.
COURSE:	Short Course--Pool is an INDOOR 25 yard pool with 8 lanes. Glass containers are not allowed in pool area! Food/beverages not allowed on pool deck. DUE TO SIZE OF DECK--SWIMMERS AND COACHES ONLY ALLOWED BEHIND TIMING LINE. NO PARENTS! THE FACILITY HAS REQUESTED NO CHAIRS ALLOWED ON DECK EXCEPT FOR COACHES AND OFFICIALS. NO CANOPIES ON DECK. COACHES ONLY ON SOUTH SIDE OF DECK. The competition course has been certified in accordance with 104.2.2. Pool depth at start: 12-feet; at turn end: 3.5-feet.
WARM-UP:	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2010 USA Swimming coach. Warm up rules will be announced and enforced. No diving into the pool except for the sprint lanes as directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.
CHECK-IN:	Swimmers must check-in with the Clerk of Course for each they wish to swim. After an event has been officially closed, swimmers <u>MAY NOT CHECK IN OR SCRATCH</u> . Swimmers in the first 4 events each session must check-in at least 20 minutes prior to the start of the meet. Swimmers who check-in and fail to swim an event will be scratched from their next individual event. Swimmers must swim in their actual age group as determined by age on the first day of the meet.
RULES:	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. 8 & under swimmers may swim as an 8 & under OR as a 10 & under, not any combination.
SWIMSUITS:	Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy. All events at committee level meets shall be considered Age Group competition under SCS Rules & Procedures, part Four, I, E.
ELIGIBILITY:	Open to athletes who are 2010 USA Swimming registered in the Coastal committee and swimmers from outside of SCS on a space-available basis. Clubs must be 2010 registered to be represented at this meet. Registration application must be received by Monday prior to first day of the meet by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age Group meets, swimmers 18 & younger must prove birth date prior to competition. REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (see SCS Swim Guide, Part One, III, 8) if registration is completed at the meet.
CHANGE OF AFFILIATION:	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
SUBMITTED & QUALIFYING TIMES:	Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (NO WORK OUT TIMES). All non conforming times will be seeded last. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. Swimmers are limited to FOUR (4) individual events per day.
ENTRY PROCEDURE:	Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number.
ELECTRONIC ENTRY:	E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY . New swimmers accepted SPACE AVAILABLE . DO NOT RESEND AN ENTRY FILE : A replacement file for the team will NOT be processed. Deletions will NOT be refunded.
FEE:	\$3.25 per INDIVIDUAL EVENT plus a \$7.50 surcharge PER SWIMMER . A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.
AWARDS:	Heat winner prizes for 12 & Under swimmers and for all swimmers if the sessions are combined. Sprint Pentathlon awards will be given to male and female with lowest cumulative times for 8&under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&up. Swimmers must compete in, swim and finish in all required Pentathlon events to be eligible for the awards.
CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
MAIL ENTRIES TO:	PVST February c/o Beverly Pierson, 935 Calle Collado, Thousand Oaks, CA 91360, hand deliver same.
FOR FURTHER INFORMATION :	Entry questions: Beverly Pierson 805-376-3042. E-mail: Beverly.pierson@gmail.com . Receipt of entry will not be verified by phone or email. Recommend Postal Service Proof of Mailing. Do NOT use certified, registered or special delivery mail services.

PVST 2010 Presidents Meet

WOMEN		MIN. TIME		MIN. TIME		MEN
#	AGE	STANDARD	EVENT	STANDARD	AGE	#

SATURDAY FEB 13, 9AM START; 7:30 warm-up						
1	11-12	BRW	200 Freestyle	BRW	11-12	2
3	8&U	BRW	50 Backstroke	BRW	8&U	4
5	10&U	BRW	50 Backstroke	BRW	10&U	6
7	11-12	BRW	50 Backstroke	BRW	11-12	8
9	8&U	BRW	25 Breaststroke	BRW	8&U	10
11	10&U	BRW	100 Breaststroke	BRW	10&U	12
13	11-12	BRW	100 Breaststroke	BRW	11-12	14
15	8&U	BRW	50 Butterfly	BRW	8&U	16
17	10&U	BRW	50 Butterfly	BRW	10&U	18
19	11-12	BRW	50 Butterfly	BRW	11-12	20
21	8&U	BRW	25 Freestyle	BRW	8&U	22
23	10&U	BRW	100 Freestyle	BRW	10&U	24
25	11-12	BRW	100 Freestyle	BRW	11-12	26

SATURDAY FEB 13, No earlier than 12pm						
27	OPEN	5.48.20Y 6.31.20L	400 IM	5.48.90Y 6.32.30L	OPEN	28
29	13&Up	BRW	50 Backstroke	BRW	13&Up	30
31	13&Up	BRW	200 Backstroke	BRW	13&Up	32
33	13&Up	BRW	100 Breaststroke	BRW	13&Up	34
35	13&Up	BRW	50 Butterfly	BRW	13&Up	36
37	13&Up	BRW	200 Butterfly	BRW	13&Up	38
39	13&Up	BRW	100 Freestyle	BRW	13&Up	40
41	13&Up	BRW	200 IM	BRW	13&Up	42

WOMEN		MIN. TIME		MIN. TIME		MEN
#	AGE	STANDARD	EVENT	STANDARD	AGE	#

SUNDAY FEB 14, 9AM START; 7:30 warm-up						
43	11-12	BRW	200 IM	BRW	11-12	44
45	8&U	BRW	25 Back	BRW	8&U	46
47	10&U	BRW	100 Back	BRW	10&U	48
49	11-12	BRW	100 Back	BRW	11-12	50
51	8&U	BRW	50 Breast	BRW	8&U	52
53	10&U	BRW	50 Breast	BRW	10&U	54
55	11-12	BRW	50 Breast	BRW	11-12	56
57	8&U	BRW	25 Fly	BRW	8&U	58
59	10&U	BRW	100 Fly	BRW	10&U	60
61	11-12	BRW	100 Fly	BRW	11-12	62
63	8&U	BRW	50 Free	BRW	8&U	64
65	10&U	BRW	50 Free	BRW	10&U	66
67	11-12	BRW	50 Free	BRW	11-12	68
69	8&U	BRW	100 IM	BRW	8&U	70
71	10&U	BRW	100 IM	BRW	10&U	72
73	11-12	BRW	100 IM	BRW	11-12	74

SUNDAY FEB 14, No earlier than 12pm						
75	OPEN	6.24.60Y 5.47.30L	500 Free	6.29.80Y 5.46.60L	OPEN	76
77	13&Up	BRW	100 Back	BRW	13&Up	78
79	13&Up	BRW	50 Breast	BRW	13&Up	80
81	13&Up	BRW	200 Breast	BRW	13&Up	82
83	13&Up	BRW	100 Fly	BRW	13&Up	84
85	13&Up	BRW	50 Free	BRW	13&Up	86
87	13&Up	BRW	200 Free	BRW	13&Up	88
89	13&Up	BRW	100 IM	BRW	13&Up	90

400IM and 500Free will be swum fastest to slowest alternating women and men; 500 free swimmers must provide their own lap counters.

Pentathlon Events(for awards):

8&under Sprint Pentathlon: 25 free, 25 back, 25 fly, 25 breast, 50 free (Events 9/10, 21/22, 45/46, 57/58, 63/64)

9-10 Sprint Pentathlon: 50 free, 50 back, 50 fly, 50 breast, 100 IM (Events 5/6, 17/18, 53/54, 65/66, 71/72)

11-12 Sprint Pentathlon: 50 free, 50 back, 50 fly, 50 breast, 100 IM (Events 7/8, 19/20, 55/56, 67/68, 73/74)

13&Up Sprint Pentathlon: 50 free, 50 fly, 50 back, 50 breast, 100 IM (Events 29/30, 35/36, 79/80, 85/86, 89/90)

Swimmers must compete in, swim and finish in all required Pentathlon events to be eligible for the awards

Sprint Pentathlon awards will be given to male and female with lowest cumulative times for:

8&under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&up age divisions

Heat Winner Prizes for 12&Under swimmers and for all swimmers if the sessions are combined

If length of combined sessions is projected to be 4 hour or less, sessions will be combined as follows:

SAT: 1-2, 27-28, 3-8, 29-32, 9-14, 33-34, 15-20, 35-38, 21-26, 39-42

SUN: 43-44, 75-76, 45-50, 77-78, 51-56, 79-82, 57-62, 83-84, 63-68, 85-88, 69-74, 89-90