

SMST November Pentathlon
November 21st & 22nd, 2015
Masuk High School, 1014 Monroe Turnpike, Monroe, CT 06468

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-37. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENTS

	Name	Email	Phone
Meet Director:	Chuck Clark	Chuckclark32@hotmail.com	203-556-5580
Meet Referee:	Rob Cristiano		
Entry Chair:	Chuck Clark		
Safety Chair:	Allison Wells	Alwell88@yahoo.com	
Officials Contact:	Kevin Chavez	Rapidswim09@snet.net	

WEBSITE: www.smstrapids.org

POOL EMERGENCY NUMBER: 203-452-5823

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as timed finals.

SCRATCH PROCEDURES: All teams will be provided with a scratch sheet which must be turned in 15 minutes after the start of the 1st Warm-Up Session. After 15 minutes the Meet Director will make an announcement addressing which teams have not turned in their scratch sheets as a final warning. Any team who does not turn in their scratch sheet by the allotted time will be scratched from the meet

FACILITY: The Pool at Masuk High School is a 6-lane by 25-yard facility with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is 9 feet. Water depth at turn end is 4 feet. The timing system will be Colorado Timing with touch-pads. Adequate seating and parking is available. Spectator seating capacity is 210. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck. Changing in and out of swimsuits other than in locker rooms or other designated areas is prohibited.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: The facility is accessible to the disabled. Please contact the Meet Director with questions.

COURSE: SCY

SESSION TIMES:**Saturday – session 1 - 13/over session**

Warm up: 7:45 AM

Meet Start: 9:30 AM

Subject to Change

Saturday – session 2 - 11/12 session

Warm up: 1:00 PM

Meet Start: 2:30 PM

Subject to Change

Sunday – session 3 - 10/U session

Warm up: 7:40 AM

Meet Start: 9:00 AM

Subject to Change:

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All 6 lanes will be used; assignments will be made by team and not gender. 12/U swimmers will have 20 minute warm up sessions and 13/over swimmers will have 30 minute warm up sessions.

ELIGIBILITY: All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to [Mark Kinne](#), Adapted Athlete Committee Chair.

EVENT INFORMATION: Deck entries will not be accepted

ENTRY LIMITATIONS: Swimmers may swim a maximum of 5 events per session.

ENTRY TIMES: Submit entry times in: SCY. No Times (NT) will not be accepted.

DEADLINES: Entry deadline is Friday November 13th, 2015. All entries must be typed or printed legibly, and must use full names and registration numbers from USA Swimming registration. Entries will be accepted on a first come-first served basis. Date of receipt is based on Electronic Copy of entry.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair Chuck Clark at chuckclark32@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment must be received by Friday November 20th, 2015. Date of receipt is based on Electronic Copy of entry.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck.

Please contact the Meet Director for assistance. 2) 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

ENTRY FEES: Electronic entries: \$7.00 for individual events. Manual entries: \$10.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

PAYMENT INSTRUCTIONS: Please make checks payable to **SMST Rapids** and put "November Pentathlon" in the memo line. Mail to: **Chuck Clark at 18 Ward Place, Trumbull, CT 06611**. Payment must be received by Friday November 20th, 2015.

CUT PROTOCOL:

Entries will be accepted until the meet is full. Any teams that get cut from the meet will be notified by: Saturday November 14th, 2015.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and not later than the Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: No

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

RULES: Current USA Swimming rules will govern all competition. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

TIME TRIALS: No Time Trials will be offered.

TIMERS, OFFICIALS, OR WORK ASSIGNMENTS All teams will be required to supply timers based on their entry for the duration of the meet. Assignments will be e-mailed out no later than the Wednesday before the meet.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck

SCORING: The meet will be scored using cumulative pentathlon time scoring.

AWARDS: Top six overall swimmers in each age group (8/u, 9/10, 11/12's and 13/over) will receive an award. Swimmers must swim all five events to be eligible for an award. Awards will be available for pick up at the conclusion of the session. Teams that fail to pick up their awards will be required to pay shipping charges to have the awards mailed to them.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Ample parking is available in the lots surrounding Masuk High School.

DIRECTIONS:

Directions to Masuk High School, 1014 Monroe Turnpike, Monroe, CT 06468

From Merritt Parkway: Take the Merritt toward Trumbull to Exit 49 North. Follow Route 25 north to stoplight at Route 111 (Monroe Turnpike). Turn right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right.

From I-95: Take I-95 towards Bridgeport to Exit 27A. Follow Route 25 and 8 North. When highway splits follow Route 25 North to stoplight at Route 111 (Monroe Turnpike). Then go right and follow Route 111 North for approximately 5 miles. Masuk High School will be on your right.

November Pentathlon - 11/21/2015 to 11/22/2015**Session Report**

Session: 1 13/over session

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 100 Butterfly	0	0	09:30 AM	_____
Finals	2 Boys 100 Butterfly	0	0	09:30 AM	_____
Finals	3 Girls 100 Backstroke	0	0	09:30 AM	_____
Finals	4 Boys 100 Backstroke	0	0	09:30 AM	_____
Finals	5 Girls 100 Breaststroke	0	0	09:30 AM	_____
Finals	6 Boys 100 Breaststroke	0	0	09:30 AM	_____
Finals	7 Girls 100 Freestyle	0	0	09:30 AM	_____
Finals	8 Boys 100 Freestyle	0	0	09:30 AM	_____
Finals	9 Girls 200 IM	0	0	09:30 AM	_____
Finals	10 Boys 200 IM	0	0	09:30 AM	_____
	Finish Time			09:30 AM	_____

November Pentathlon - 11/21/2015 to 11/22/2015

Session Report

Session: 2 11/12 session

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	12 Boys 11-12 50 Butterfly	0	0	02:30 PM	_____
Finals	13 Girls 11-12 50 Backstroke	0	0	02:30 PM	_____
Finals	14 Boys 11-12 50 Backstroke	0	0	02:30 PM	_____
Finals	15 Girls 11-12 50 Breaststroke	0	0	02:30 PM	_____
Finals	16 Boys 11-12 50 Breaststroke	0	0	02:30 PM	_____
Finals	17 Girls 11-12 50 Freestyle	0	0	02:30 PM	_____
Finals	18 Boys 11-12 50 Freestyle	0	0	02:30 PM	_____
Finals	19 Girls 11-12 100 IM	0	0	02:30 PM	_____
Finals	20 Boys 11-12 100 IM	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____

November Pentathlon - 11/21/2015 to 11/22/2015**Session Report**

Session: 3 10/U

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	22 Boys 9-10 50 Butterfly	0	0	09:00 AM	_____
Finals	23 Girls 8 & Under 25 Butterfly	0	0	09:00 AM	_____
	Break: 5 Minutes:				
Finals	24 Boys 8 & Under 25 Butterfly	0	0	09:05 AM	_____
	Break: 5 Minutes:				
Finals	25 Girls 9-10 50 Backstroke	0	0	09:10 AM	_____
Finals	26 Boys 9-10 50 Backstroke	0	0	09:10 AM	_____
Finals	27 Girls 8 & Under 25 Backstroke	0	0	09:10 AM	_____
	Break: 5 Minutes:				
Finals	28 Boys 8 & Under 25 Backstroke	0	0	09:15 AM	_____
	Break: 5 Minutes:				
Finals	29 Girls 9-10 50 Breaststroke	0	0	09:20 AM	_____
Finals	30 Boys 9-10 50 Breaststroke	0	0	09:20 AM	_____
Finals	31 Girls 8 & Under 25 Breaststroke	0	0	09:20 AM	_____
	Break: 5 Minutes:				
Finals	32 Boys 8 & Under 25 Breaststroke	0	0	09:25 AM	_____
	Break: 5 Minutes:				
Finals	33 Girls 9-10 50 Freestyle	0	0	09:30 AM	_____
Finals	34 Boys 9-10 50 Freestyle	0	0	09:30 AM	_____
Finals	35 Girls 9-10 25 Freestyle	0	0	09:30 AM	_____
	Break: 5 Minutes:				
Finals	36 Boys 9-10 25 Freestyle	0	0	09:35 AM	_____
	Break: 5 Minutes:				
Finals	37 Girls 9-10 100 IM	0	0	09:40 AM	_____
Finals	38 Boys 9-10 100 IM	0	0	09:40 AM	_____
Finals	39 Girls 8 & Under 100 IM	0	0	09:40 AM	_____
Finals	40 Boys 8 & Under 100 IM	0	0	09:40 AM	_____
	Finish Time			09:40 AM	_____