

VSYM Super Bowl Pentathlon

Meet Type: Pentathlon

February 7, 2016

Valley Shore YMCA

201 Spencer Plain Road, Westbrook, CT 06498

Mapping software link: <https://goo.gl/maps/Azy9l>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S15-83. 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: | Davide Mendonca | dmendonca@snet.net | 203-640-3378 |
| Meet Referee: | Qin Guo | elxj0924@gmail.com | 860-439-1502 |
| Entry Chair: | Davide Mendonca | dmendonca@snet.net | 203-640-3378 |
| Safety Chair: | Todd Wisialowski | toddwis234@yahoo.com | 860-575-4995 |

WEBSITE: <http://www.vsymarlins.org>

POOL EMERGENCY NUMBER: 860-399-9622

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-Final.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet in their information packet before the meet, listing all swimmers and events for that session. Coaches must indicate all scratches or state none on the sheet and return the sheets to the computer table 30 minutes after warm-ups have begun. USA Swimming Rulebook 102.3

FACILITY: The Valley Shore YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is: 9ft. Water depth at turn end is: 3ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system will be used. There is limited spectator seating on the pool deck.

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

DISABLED ACCESS: Handicapped parking is directly in front of the building. Handicapped access to pool locker rooms and spectator area are available once inside. Anyone needing assistance should contact the Meet Director prior to the meet.

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1 (12 & Under): Sunday 7:00am warm-up, 8:30am start

Session 2 (13 & Over): Sunday 12:00pm warm-up, 1:00pm start

Warm-up and start times are subject to change based on entries. Teams will be notified of final session times no later than Monday before the meet.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 Lanes will be used for warm ups with sufficient sessions to accommodate swimmers. There will be a specific session for sprints. The meet director has the right to expand or decrease warm up format dependent upon the number of swimmers.

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: All events will be swum as timed finals and will be deck seeded according to the swimmers' SCY times. Deck entries will not be allowed.

ENTRY LIMITATIONS: Swimmers are limited to entering and swimming in a maximum of 5 events.

ENTRY TIMES: Submit entry times in: SCY. NT are discouraged, please estimate times if no official times are available.

DEADLINES: deadline is January 22, 2015. Email entry files to Davide Mendonca, dmendonca@snet.net. Payment is due 5 business days after receipt of entry has been confirmed. Mail payment to Davide Mendonca, 18 Puritan Lane, Madison, CT 06443. Teams will receive confirmation of receipt of entry, via email, within 24 hours of receiving that entry. This confirmation will include notice of acceptance or rejection of the entry. Entries will be accepted in the order they are received. In the event you are not emailed confirmation of receiving the entry within 24 hours after sending it, please email the meet director immediately. If you have not received a confirmation, you need to assume the entry was not delivered. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

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 at dmendonca@snet.net. Please check that your team name, address, and contact information are listed correctly in this file. Remember, payment is due 5 business days after confirmation of receipt of the 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: \$6.00 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 Valley Shore Y Marlins and mail to: Davide Mendonca, 18 Puritan Lane, Madison, CT 06443. Payment must be received within 5 business days after receipt of entry has been confirmed by email.

CUT PROTOCOL:

Entries will be accepted until the number of swims in the meet reaches 3 hours of swimming for each session. Clubs will be notified of changes no later than the Monday before the meet.

If the session is oversubscribed, visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

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.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

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.

TIME TRIALS: No time trials will be offered at this meet

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work assignments will be based on team entries. Teams supplying names of volunteers willing to officiate will have their timing assignments adjusted. Participating clubs will be notified of work assignments by the Monday 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: No team scoring. Individual scoring will be used for awards. Top 16 places will earn points based on the following:

| | | | | | | | |
|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| <u>1st</u> | <u>2nd</u> | <u>3rd</u> | <u>4th</u> | <u>5th</u> | <u>6th</u> | <u>7th</u> | <u>8th</u> |
| 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| <u>9th</u> | <u>10th</u> | <u>11th</u> | <u>12th</u> | <u>13th</u> | <u>14th</u> | <u>15th</u> | <u>16th</u> |
| 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

AWARDS: Yes. Ribbons will be awarded to the top five finishers in each individual event. An additional award will be given to the top three finishers overall in each age group. Swimmers must compete in all five events to be eligible for an overall award.

CONCESSIONS: Yes.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

PARKING: There is additional parking in the back field.

DIRECTIONS: Valley Shore YMCA, 201 Spencer Plain Rd, Westbrook, CT 06498
Mapping software link: <https://goo.gl/maps/Azy9l>

2016 VSYM Super Bowl Pentathlon - 2/7/2016**Session Report**

Session: 1 12 and under

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|------------------------------------|----------------|--------------|------------------|-------|
| Finals | 1 Girls 10 & Under 50 Butterfly | 0 | 0 | 08:30 AM | _____ |
| Finals | 2 Boys 10 & Under 50 Butterfly | 0 | 0 | 08:30 AM | _____ |
| Finals | 3 Girls 11-12 50 Butterfly | 0 | 0 | 08:30 AM | _____ |
| Finals | 4 Boys 11-12 50 Butterfly | 0 | 0 | 08:30 AM | _____ |
| Finals | 5 Girls 10 & Under 50 Backstroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 6 Boys 10 & Under 50 Backstroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 7 Girls 11-12 50 Backstroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 8 Boys 11-12 50 Backstroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 9 Girls 10 & Under 50 Breaststroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 10 Boys 10 & Under 50 Breaststroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 11 Girls 11-12 50 Breaststroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 12 Boys 11-12 50 Breaststroke | 0 | 0 | 08:30 AM | _____ |
| Finals | 13 Girls 10 & Under 50 Freestyle | 0 | 0 | 08:30 AM | _____ |
| Finals | 14 Boys 10 & Under 50 Freestyle | 0 | 0 | 08:30 AM | _____ |
| Finals | 15 Girls 11-12 50 Freestyle | 0 | 0 | 08:30 AM | _____ |
| Finals | 16 Boys 11-12 50 Freestyle | 0 | 0 | 08:30 AM | _____ |
| Finals | 17 Girls 10 & Under 100 IM | 0 | 0 | 08:30 AM | _____ |
| Finals | 18 Boys 10 & Under 100 IM | 0 | 0 | 08:30 AM | _____ |
| Finals | 19 Girls 11-12 100 IM | 0 | 0 | 08:30 AM | _____ |
| Finals | 20 Boys 11-12 100 IM | 0 | 0 | 08:30 AM | _____ |
| | Finish Time | | | 08:30 AM | _____ |

2016 VSYM Super Bowl Pentathlon - 2/7/2016**Session Report**

Session: 2 13 and Over

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|-------------------------------------|----------------|--------------|------------------|-------|
| Finals | 21 Girls 13-14 100 Butterfly | 0 | 0 | 01:00 PM | _____ |
| Finals | 22 Boys 13-14 100 Butterfly | 0 | 0 | 01:00 PM | _____ |
| Finals | 23 Girls 15 & Over 100 Butterfly | 0 | 0 | 01:00 PM | _____ |
| Finals | 24 Boys 15 & Over 100 Butterfly | 0 | 0 | 01:00 PM | _____ |
| Finals | 25 Girls 13-14 100 Backstroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 26 Boys 13-14 100 Backstroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 27 Girls 15 & Over 100 Backstroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 28 Boys 15 & Over 100 Backstroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 29 Girls 13-14 100 Breaststroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 30 Boys 13-14 100 Breaststroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 31 Girls 15 & Over 100 Breaststroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 32 Boys 15 & Over 100 Breaststroke | 0 | 0 | 01:00 PM | _____ |
| Finals | 33 Girls 13-14 100 Freestyle | 0 | 0 | 01:00 PM | _____ |
| Finals | 34 Boys 13-14 100 Freestyle | 0 | 0 | 01:00 PM | _____ |
| Finals | 35 Girls 15 & Over 100 Freestyle | 0 | 0 | 01:00 PM | _____ |
| Finals | 36 Boys 15 & Over 100 Freestyle | 0 | 0 | 01:00 PM | _____ |
| Finals | 37 Girls 13-14 200 IM | 0 | 0 | 01:00 PM | _____ |
| Finals | 38 Boys 13-14 200 IM | 0 | 0 | 01:00 PM | _____ |
| Finals | 39 Girls 15 & Over 200 IM | 0 | 0 | 01:00 PM | _____ |
| Finals | 40 Boys 15 & Over 200 IM | 0 | 0 | 01:00 PM | _____ |
| | Finish Time | | | 01:00 PM | _____ |