

# 2011 MAC Fall Pentathlon @ Sioux Falls

Hosted by Mitchell Aquatic Club

11/5/2011 & 11/6/2011

SD Swimming Sanction: SD 092611

Sanctioned by LMSC South Dakota for USMS Inc. Sanction 54-11-07

**Sanction:** This meet is held under the sanction of South Dakota Swimming, USA Swimming Inc., and US Masters Swimming.

**Times achieved at this competition will not be submitted for US Masters Swimming Top Ten or record consideration**

**Rules:** The current USA Swimming and SD Swimming rules will govern the conduct of the meet.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, Mitchell Aquatic Club, and the Sioux Falls YWCA, United States Masters Swimming, and Prairie Masters Swim Team shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event and while traveling to and from the meet.

**Location:** YWCA Downtown  
300 W. 11<sup>th</sup> Street  
Sioux Falls, SD 57104

**Course:** 25 yard, 6 lane pool with wave-calming dividers; Daktronics and Colorado timing equipment with manual back up will be used. The competition course has not been certified in accordance with USAS Rule 104.2.2C(4)

**Water Depth:** Starting end depth 10'; midpoint depth 4'6"; turn end depth 3'6". Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.

**Format:** This meet is an interwoven USA Swimming and Masters meet. This meet will be conducted in 2 sessions. All events are timed finals and will be swum slowest to fastest. All events will be combined by gender and seeded by time. Masters events and warm ups will be swam separately from age-group events.

**Start Times:** **Session 1: Saturday AM**  
Warm-Up A – 8:15 am to 9:00 am  
Warm-Up B – 9:00 am to 9:45 am  
Meet Start: 10:00 am

**Session 2: Sunday AM**  
Warm-Up A – 7:15am to 8:00am  
Warm-Up B – 8:00am to 8:45am  
Session Start: 9:00 am

**\*\*Please note that if there is not a need for 2 sessions of warm-ups on Saturday and/or Sunday, "Warm-Up A" will be removed from that session. All coaches will be notified of any changes to warm-ups by Wednesday, November 2<sup>nd</sup>\*\***

**Meetings:** There will be an Officials meeting in the Aerobics Room 30 minutes prior to the start of every session. There will be Timers meetings 15 minutes prior to the start of every session at the start end of the pool. There will be a coaches meeting in the Aerobics Room 15 minutes prior to the start of each session at the discretion of the Meet Referee.

**Warm-ups:** Warm-Ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming and US Masters Swimming. South Dakota Swimming Warm-Up procedures will be followed at this meet. (See Attached SD Warm-Up Procedures)

- Swimwear Restrictions:** Swimwear worn at South Dakota swim meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.8.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
- Supervision:** A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must 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 swimmer's legal guardian to ensure compliance with this requirement. Only registered coaches, swimmers and officials will be allowed on the pool deck. (202.3.3)
- Eligibility:** This is a separate but concurrent interwoven USA/SD Swimming and US Masters meet. Only current 2011 registered USA Athlete members or 2011 registered Masters swimmers may participate in this competition. Coaches must be current 2011 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on November 5, 2011 determines the age of the swimmer for the entire meet.
- Deck Registration:** On Deck USA Swimming registration will not be permitted.
- Deck Entries:** Deck entries will be allowed if space is available and at the discretion of the Meet Referee
- Scoring:** This will be a double pentathlon meet with swimmers competing in the Short Pentathlon which will consist of the shortest distance eligible for each stroke and the shortest individual medley event and the Long Pentathlon which will be the longest distance for each stroke eligible and longest individual medley for each age group. The swimmer completing all five events in the "short" and "long" Pentathlon in his or her age group in the least amount of time shall place first, the swimmer completing all five events in the second fastest time shall place second, etc. In view of the fact that we must have times for all five events for each swimmer to determine final awards, if a swimmer disqualifies in an event, he/she will be given the time achieved for that event plus 10% of that time in determining the total time for all events. Age groups to be scored are as follows: 8 & under, 9-10, 11-12. For purposes of scoring, seniors will be broken down into age groups, 14 and under, 15-18, and 19 and over with no points awarded for 19 and over.
- Event Limit:** Swimmers may enter a total of 10 events for the swim meet.
- Meet Length:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input in the order they are received. USA Swimming Athletes and their respective teams will receive priority over Masters Swimmers. When the computer generated timeline indicates time limits have been reached, entries from team(s) received last will not be entered into the meet. Team coaches will be notified if their entries were not accepted, and fees will be refunded. Fees will also be refunded for events or swims not completed if the Meet Referee stops the meet to comply with time limit rules. Accordingly, no entries associated with Master Swimmers would be allowed and meet fees would be returned.
- Seeding:** All events will be seeded by age group as mixed gender and seeded by time. All events will be seeded slowest to fastest.
- Time Trials:** There will be no time trials at this meet.
- Awards:** Awards will be given to individual swimmers in each age group. Plaques will be given for 1<sup>st</sup> through 5<sup>th</sup> place in each Pentathlon in each age group. First place will go to the swimmer completing all 5 events in the least time, second place to the swimmer completing all 5 events in the second least time, etc. Awards will not be given for individual events. There will not be team awards.

Entries: Teams **MUST** submit their entries using the Hy-Tek Team Manager program  
Please Put Entries in Coach Duncan Folder or  
Meet Entries folder

Fees: SD Head Tax: \$3.00 Swimmer  
Individual Events: \$3.50 per individual event  
Facility Fee: \$10.00 Facility fee per swimmer  
**There will be no refunds of fees.**

Deadline: All entries and entry fees must be received no later than OCT 24, 2011

Protests: Protests of any kind will only be accepted by the Meet Referee in writing and only from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.

Concessions: There will be concessions at this meet.

Officials: Meet Director: Allan Miller  
Head Referee: Russ Miller  
Head Stroke & Turn: Sonya Fossum  
Meet Marshall: Doug Glover  
Head Timers: Justin Ebert

**Meet officials will meet the requirements of 202.3.3**

Misc: **CAMPING WILL BE IN THE GYM. NO CAMPING IN THE AEROBICS ROOM. ABSOLUTELY NO GLASS IN THE POOL AREA. PLEASE HELP PRESERVE THE CARPET LOCATED IN THE LOBBY BY MAKING SURE ALL SWIMMERS ARE DRY WHILE IN THOSE AREAS.**

## Order of Events

<b>Saturday</b>		
Girls		Boys
1	12 & Under 100 IM	2
3	13 & Over 200 IM	4
5	Masters 100 IM	5
6	8 & Under 25 Fly	7
8	9-12 100 Fly	9
10	13 & Over 200 Fly	11
12	12 & Under 50 Back	13
14	13 & Over 100 Back	15
16	Masters 50 Back	16
17	8 & Under 25 Breast	18
19	9-12 100 Breast	20
21	13 & Over 200 Breast	22
23	12 & Under 50 Free	24
25	13 & Over 100 Free	26
27	Masters 50 Free	27
<b>Sunday</b>		
28	12 & Under 200 IM	29
30	13 & Over 400 IM	31
32	12 & Under 50 Fly	33
34	13 & Over 100 Fly	35
36	Masters 50 Fly	36
37	8 & Under 25 Back	38
39	9-12 100 Back	40
41	13 & Over 200 Back	42
43	12 & Under 50 Breast	44
45	13 & Over 100 Breast	46
47	Masters 50 Breast	47
48	8 & Under 25 Free	49
50	9-12 100 Free	51
52	13 & Over 200 Free	53