



**The Greensboro Swimming Association's
Fall Pentathlon Swim Meet
October 10-11, 2009
John Gordon Dewey Pool at Grimsley High School
801 Westover Terrace
Greensboro, NC 27408**



SANCTION: Held under the sanction of USA Swimming, issued by North Carolina Swimming, Sanction No. NC09085

HOST and SPONSORS: The Greensboro Swimming Association and the City of Greensboro Parks and Recreation Department.

FACILITY: The John Dewey Pool at Grimsley High School is an eight lane, 25-yard course with non-turbulent lane ropes. Lane width is 7ft. The Colorado Electronic Timing System with horn and strobe start will be used. There is a small diving well available for warm down after swimming events.

RULES: The meet will be conducted in accordance with the USA Swimming Rules and Regulations and the NCS Official Handbook and NCS Safety program, except where the rules therein are optional and exceptions are herein stated.

CLASSIFICATION: Age Group/Senior Development

ELIGIBILITY: All swimmers must be registered with USA Swimming.

ENTRIES: Entries must be submitted in Hy-Tek Team Manager format.

Entry file may be submitted by mail or by e-mail to GSAMeetDirector@GSAswim.org. All other requested information and payment of entry fees must be submitted for entries to be considered complete.

All relay only swimmers, including alternates, must be entered in the submitted entry file or listed on the meet entry forms and pay the NCS travel fund surcharge of \$2.00 and the \$5.00 Facility charge.

ENTRY LIMIT: Swimmers are limited to five individual events and one relay per day. To be eligible for the Pentathlon Award a swimmer must compete in all 5 events offered each day.

ENTRY DEADLINE: Midnight, Wednesday, September 30, 2009.

Late entries will be accepted only at the discretion of the Meet Director. Late entries may not be seeded. We reserve the right to limit or suspend the addition of swimmers or heats to accommodate late entries. Late entries will be charged double fees.

ENTRY FEES: \$2.50 for Each Individual Event
 \$8.00 for Each Relay Event
 \$2.00 for Each Swimmer - NC Travel Fund (Includes Relay Only Swimmers)
 \$5.00 Facility Charge
 Make Checks Payable To: The Greensboro Swimming Association
 Entry Fees Are Non-Refundable

MAIL ENTRIES: Don Gilchrist
The Greensboro Swimming Association
P. O. Box 10085
Greensboro, N. C. 27404
GSAMeetDirector@GSAswim.org
336-851-2848 (office)

PENTATHLON WINNER SCORING:

To be eligible for each day's Pentathlon Award, a swimmer must compete in all five events offered in that session on that day. Pentathlon scoring consists of the total accumulated time for all five events swum each day. The day's winner will be the swimmer who accumulates the least amount of time for all five events. If a swimmer is disqualified in an event, for Pentathlon scoring purposes, that swimmer will receive a time 5 seconds slower than the slowest finisher's time in that event.

Medals will be awarded to the top three Pentathlon Winners for each gender in each of 8&UN, B/C 9-10, BB+ 9-10, B/C 11-12, BB+ 11-12, 13-14 & 15-18 age groups on Saturday and again on Sunday. [There will be short distance and longer distance Pentathlon winners.] In the event of a tie on Saturday, the winner will be the swimmer with the fastest time in the IM events. In the event of a tie on Sunday, the winner will be the swimmer with the fastest time in the IM events for 9-10, 11-12 & 13-18 and the 100 Free for 8&UN.

AWARDS: Pentathlon Winners 1st - 3rd Place - Medals
Individual Ribbons 1st - 8th Place
Relay Ribbons 1st Place

SCORING: This meet is not scored.

SAFETY: The NCS safety program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

MEMBERSHIP: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration. Coaches and officials shall prominently display their registration cards while on deck.

COACHES'

MEETING: There will be a coaches' meeting at 8:20 am on Saturday and at other times as announced by the meet referee.

OFFICIALS: We welcome all USA Swimming certified officials on deck. Please indicate officials on the entry summary form who may be able to help. Please include name, phone number, e-mail (if available), certification level, and sessions available. There will be an officials' meeting in hospitality 30 minutes prior to each session.

MEET DIRECTOR: Don Gilchrist
P. O. Box 10085
Greensboro, N. C. 27404
GSAMeetDirector@GSAswim.org

MEET REFEREE: Trish Martin
GSAboard@GSAswim.org

MEET MARSHALS: Kate Walker

We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshals. Continuous warm-up in diving well is limited to USA swimmers only and will be monitored throughout meet.

SESSION SCHEDULE:

Saturday & Sunday Morning Sessions

Warm-Ups begin at 7:30 AM and end at 8:20 AM

Timed Finals begin at 8:30 AM

Saturday & Sunday Afternoon Sessions

50 minute warm ups begin immediately
After completion of the Morning Sessions

But not before 12:30 PM

Timed Finals will not begin before 1:30 PM

COMBINED SESSIONS:

GSA reserves the right to combine the morning and afternoon sessions each day for competition, Pentathlon scoring, and award purposes. Coaches will be notified if sessions are combined.

WARM UP PROCEDURES:

Warm-Up procedure and lane assignments as follows:

First 30 Minutes - General warm-up in all lanes. No diving.

Last 30 Minutes - Specific warm-up.

Lanes 1 and 8 - Push off beginning at start end of pool. Circle swim only. No diving.

Lanes 2 and 7- Dive start only. Swim on length only. Start from start end only.

Lanes 3, 4, 5, 6- General warm-up only. No diving.

Warm-up procedure may be modified by the referee to adjust to existing conditions.

HOSPITALITY:

Hospitality for officials, coaches, and workers will be provided in area behind concession stand at entrance to pool.

CONCESSIONS:

Food and drinks will be available at concession stand at entrance to the pool.

DIRECTIONS:

Driving directions to Grimsley High School may be found on www.GSAswim.org.

RELEASE STATEMENT:

USA Swimming, North Carolina Swimming., The Greensboro Swimming Association and the City of Greensboro Parks and Recreation Department shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature on the entry summary and subsequent entry into this meet constitutes understanding and acceptance of the above release.

The Greensboro Swimming Association's
Fall Pentathlon
Order of Events

Saturday Morning 11-12, 13-18 Session
Warm-ups at 7:30 AM - Competition at 8:30 AM

Girls	Age	Event	Boys
1	11-12	100 Butterfly BB+	2
3	11-12	100Y Butterfly B/C	4
5	13-18	50 Butterfly	6
7	11-12	100Y Backstroke BB+	8
9	11-12	100Y Backstroke B/C	10
11	13-18	50Y Backstroke	12
13	11-12	100Y Breaststroke BB+	14
15	11-12	100Y Breaststroke B/C	16
17	13-18	50Y Breaststroke	18
19	11-12	100Y Freestyle BB+	20
21	11-12	100Y Freestyle B/C	22
23	13-18	50Y Freestyle	24
25	11-12	200Y Individual Medley BB+	26
27	11-12	200Y Individual Medley B/C	28
29	13-18	100Y Individual Medley	30
31	11-12	200Y Medley Relay	32
33	13-18	200Y Medley Relay	34

Saturday Afternoon 8 & Under, 9-10 Session

Warm-ups not before 12:30 PM - Competition not before 1:30 PM

35	9-10	50Y Butterfly BB+	36
37	9-10	50Y Butterfly B/C	38
39	8-UN	50Y Butterfly	40
41	9-10	50Y Backstroke BB+	42
43	9-10	50Y Backstroke B/C	44
45	8-UN	50Y Backstroke	46
47	9-10	50Y Breaststroke BB+	48
49	9-10	50Y Breaststroke B/C	50
51	8-UN	50Y Breaststroke	52
53	9-10	50Y Freestyle BB+	54
55	9-10	50Y Freestyle B/C	56
57	8-UN	50Y Freestyle	58
59	9-10	100Y Individual Medley BB+	60
61	9-10	100Y Individual Medley B/C	62
63	8-UN	100Y Individual Medley	64
65	10-UN	200Y Medley Relay	66
67	8-UN	200Y Medley Relay	68

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Sunday Morning 11-12, 13-18 Session

Warm-ups at 7:30 AM - Competition at 8:30 AM

Girls	Age	Event	Boys
69	11-12	50Y Butterfly BB+	70
71	11-12	50Y Butterfly B/C	72
73	13-18	100Y Butterfly	74
75	11-12	50Y Backstroke BB+	76
77	11-12	50Y Backstroke B/C	78
79	13-18	100 Backstroke	80
81	11-12	50Y Breaststroke BB+	82
83	11-12	50Y Breaststroke B/C	84
85	13-18	100Y Breaststroke	86
87	11-12	50Y Freestyle BB+	88
89	11-12	50Y Freestyle B/C	90
91	13-18	100Y Freestyle	92
93	11-12	100Y Individual Medley BB+	94
95	11-12	100Y Individual Medley B/C	96
97	13-18	200Y Individual Medley	98
99	11-12	200Y Freestyle Relay	100
101	13-18	200Y Freestyle Relay	102

Sunday Afternoon 8 & Under, 9-10 Session

Warm-ups not before 12:30 PM- Competition not before 1:30 PM

103	9-10	100Y Butterfly BB+	104
105	9-10	100Y Butterfly B/C	106
107	8-UN	25Y Butterfly	108
109	9-10	100Y Backstroke BB+	110
111	9-10	100 Backstroke B/C	112
113	8-UN	25Y Backstroke	114
115	9-10	100Y Breaststroke BB+	116
117	9-10	100Y Breaststroke B/C	118
119	8-UN	25Y Breaststroke	120
121	9-10	100Y Freestyle BB+	122
123	9-10	100Y Freestyle B/C	124
125	8-UN	25Y Freestyle	126
127	9-10	200Y Individual Medley BB+	128
129	9-10	200Y Individual Medley B/C	130
131	8-UN	100Y Freestyle	132
133	10-UN	200Y Freestyle Relay	134
135	8-UN	200Y Freestyle Relay	136

