

Fayetteville YMCA Sea Dragons
ECSL Kick Off Pentathlon
Saturday September 18th 2010
Fayetteville State University
Fayetteville, NC

Sanction: NC Swimming Sanction #NC10089.

Sponsors: The Fayetteville Y and Fayetteville State University

Site Info: The Fayetteville State University Pool is an eight lane 50 meter pool with a movable bulkhead dividing it into an eight lane 25 yard pool with a depth ranging from 5 to 4 feet at the starting end. Pool has non-turbulent lane lines and movable starting blocks. A Colorado 5 timing system with back up hand timers and an 8 lane display will be used. A minimum of 5 20 yard lanes will be available for continuous warm up and warm down. The competition pool is not certified with USA Swimming. The meet will be conducted in accordance with current USA Swimming Rules and Regulations, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions must be stated.

Date: September 18th

Classification: This is a closed league meet open only to athletes properly registered with USA swimming attached to ECSL member teams.

Eligibility: All swimmers must be registered with USA swimming attached to a current member team of the ECSL

Entry Limit: All swimmers are limited to a maximum of five (5) events.

Entry Deadline: All entries must be in by midnight on September 5th 2008. Entries should be submitted in Hy-tek TM file to coach7259@yahoo.com. Payment and entry summary sheet should be sent to:

Fayetteville YMCA Sea Dragons
Attn. Jon Meier
2717 Fort Bragg Rd.
Fayetteville, NC 28303

Entry Fee: \$2.50 per event
\$4.00 NC swimming travel fee
\$10.00 facility charge

Awards: Given out based on overall placing in the pentathlon. 1st – 8th place in each age group will receive medals

Scoring: This meet will be scored to 8 places 9, 7, 6, 5, 4, 3, 2, 1 to determine the high point award winner for each age group.

Hospitality: Hospitality will be available to Coaches, officials and meet volunteers.

Meet Director: Jonathan Meier
coach7259@yahoo.com
910-635-1009

Meet Referee: Bill Luse
wclswim@ec.rr.com

Meet Marshal: Courtney Lewandrowski

Safety: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or others associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action.

Rules: Meet management reserves the right to combine events as needed.

Officials Meeting: There will be an officials meeting at 1:30 in pool classroom

Coaches Meeting: There will be a coaches meeting at 1:50 in the pool classroom

Warm Up: The competition pool will have open warm up from 1:00 – 1:30. Specific warm up will be from 1:30 – 1:50. During specific warm up lanes 2, 3, and 7 will be one way racing starts lanes 1, 4, 5, 6, and 8 will be general warm up.

Parking: Ample parking is available in the lower parking lot adjacent to the Physical Education building at Fayetteville State.

Release: USA Swimming Inc., Fayetteville State University, North Carolina Swimming Inc., Fayetteville YMCA Sea Dragons, Fayetteville YMCA and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities on claims for damages arising by reason of injuries to anyone during the conduct of this meet.

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 the swimmer's legal guardian to ensure compliance with this requirement.

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 Fayetteville State University

Session 1

Warm-ups 1:00 pm / Meet starts at 2:00 pm

Order of Events

Girls	Event	Boys
1	8 and under 25 fly	2
3a	9 – 10 50 fly	4a
3b	11 – 12 50 fly	4b
5a	13 – 14 100 fly	6a
5b	15 and over 100 fly	6b
7	8 and under 25 Breast	8a
9a	9 – 10 50 breast	10a
9b	11-12 50 breast	10b
11a	13 – 14 100 breast	12a
11b	15 and over 100 breast	12b
13	8 and under 25 back	14
15a	9 – 10 50 back	16a
15b	11 – 12 50 back	16b
17a	13 – 14 100 Back	18a
17b	15 and over 100 Back	18b
19	8 and under 25 free	20
21a	9 – 10 50 free	22a
21b	11 – 12 50 free	22b
23a	13 – 14 100 free	24a
23b	15 and over 100 Free	24b
25	8 and under 100 IM	26
27a	9 – 10 100 IM	28a
27b	11 – 12 100 IM	28b
29a	13 – 14 200 IM	30a
29b	15 and over 200 IM	30b