



**Kings Spring Fling / Pentathlon**  
**Sponsored by Prince George's Kings Swim Club**  
**Friday May 4, 2018**

*Sanctioned by USA Swimming through Potomac Valley Swimming*  
**Sanction # PVI-18-76**

Note: in granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Prince George's Community College and Prince George's Kings Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**MEET DIRECTOR:** Beth Sellers: [bksellers@comcast.net](mailto:bksellers@comcast.net)  
301-725-6450

**OFFICIALS CHAIR:** Beth Sellers: [bksellers@comcast.net](mailto:bksellers@comcast.net)  
301-725-6450

**REFEREE:** Cherlynn Venit; [dpws@aol.com](mailto:dpws@aol.com)

**LOCATION:** Prince George's Community College Natatorium  
301 Largo Road  
Largo, MD 20774

**FACILITY:** 50 meter x 25 yard indoor pool. Six (6) or Eight (8) lanes will be used for competition and water depth ranges from 5.7 feet to 6.9 feet.  
The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C)

**ELIGIBILITY:** Open to all swimmers registered with USA Swimming Inc. from invited teams. Age on the first day of the meet will determine age for the entire meet. To be eligible to enter this meet, a swimmer must be registered with USA Swimming, Inc. no later than the entry deadline shown below. No on-deck registration will be permitted.

The Meet Director reserves the right to combine events in which there are insufficient entries. Due to the facility and time limitations no more than 200 swimmers will be entered into the meet.

**Inclusion Policy for Swimmers with a Disability:** PVS and host clubs along with their Meet Directors are committed to the [Inclusion Policy as adopted by the BOD](#). Athletes

with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

**MEET FORMAT:** Current USA Swimming rules shall govern the meet. All events will be **Timed Finals**. All events will be pre-seeded.

**Swimmers may enter up to five (5) individual events.** All entry times must have been achieved in USA Swimming sanctioned or approved competition; NT entries are acceptable.

Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee.

- RULES:**
- a. In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition, and cool down periods.
  - b. Deck changes are prohibited.
  - c. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
  - d. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
  - e. The Meet Director and the PVS Technical Committee reserve the right to limit the events, heats, swimmers, or adjust the format to conform with the 4-hour provision for sessions that include 12 & under events per rule 205.3.1F

**Timing:** Manual Timing will be used for this meet with three timers per lane.

**Awards:** Every individual swim receives a ribbon. Every swimmer who legally completes the Pentathlon (all five events in their age group) will be awarded a medal.

**SCHEDULE:** Warm Up: 5:30 pm - 5:55 pm Start: 6:00 pm

**WARM UP:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of the warm-up, including times and lane assignments.

**ENTRIES:**

**Deadline for receipt of entries is Monday April 23, 2018.**

Entries must be submitted in short course yard times. Entries must be sent by email. Include a TM report by name and event. A check for the full amount of the entry fees due must be received by the start of warm up.

**Send Check To: Beth Sellers  
10713 Graeloch Road  
Laurel, MD 20723  
301-725-6450**

**E-Mail Entries To: [bksellers@comcast.net](mailto:bksellers@comcast.net)**

**FEES:**

Individual Events                      \$6.00

**Make Checks payable to: PG Kings**

**OFFICIALS:**

We ask for your teams help in supplying officials for the meet. Please contact the Meet Official's Chair no later than April 30th. Thank you for your help in advance.

**TIMERS:**

Invited clubs are required to provide timers in proportion to their entries; 1 timer per 25 individual entries. The Meet Director will notify the participating clubs of the number of timers they must provide. Prince George's Kings Swim Club will provide two timers per lane.

**MEET PROGRAMS:**

Meet program will be emailed to the invited team/s. Coaches and working officials will be provided with printed programs.

Warm ups 5:30-5:55 pm

Events Start 6:00pm

## Order of Events

Women

Men

|    |                         |    |
|----|-------------------------|----|
| 1  | 13 & over 50 yd. Fly    | 2  |
| 3  | 11-12 50 yd. Fly        | 4  |
| 5  | 9-10 50 yd. Fly         | 6  |
| 7  | 8 & under 25 yd. Fly    | 8  |
| 9  | 13 & over 50 yd. Back   | 10 |
| 11 | 11-12 50 yd. Back       | 12 |
| 13 | 9-10 50 yd. Back        | 14 |
| 15 | 8 & under 25 yd. Back   | 16 |
| 17 | 13 & over 50 yd. Breast | 18 |
| 19 | 11-12 50 yd. Breast     | 20 |
| 21 | 9-10 50 yd. Breast      | 22 |
| 23 | 8 & under 25 yd. Breast | 24 |
| 25 | 13 & over 50 yd. Free   | 26 |
| 27 | 11-12 50 yd. Free       | 28 |
| 29 | 9-10 50 yd. Free        | 30 |
| 31 | 8 & under 25 yd. Free   | 32 |
| 33 | 13 & over 100 yd. I.M.  | 34 |
| 35 | 11-12 100 yd. I.M.      | 36 |
| 37 | 10 & under 100 yd. I.M. | 38 |