



Little Blue Penguin Pentathlon (10 & Under)

January 27, 2019 (Sunday)

Sanction # PVC-19-49

Hosted by:



MEET DIRECTOR John Venit, 301-725-7711, dpws@aol.com	MEET REFEREE Cherlynn Venit, dpws@aol.com	CLUB OFFICIALS CHAIR Cherlynn Venit, dpws@aol.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVC-19-49. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Patuxent Aquatics Club, and the Fairland Aquatics Center 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.
FACILITY	<p style="text-align: center;">Fairland Aquatics Center 13820 Gunpowder Rd, Laurel MD 20707 301-362-6060</p> <ul style="list-style-type: none"> 19 lanes, 25 yards – 8-10 lanes to be used for competition. Water depth range of 5' - 13' at the starting end and 5' – 13' at the turning end. The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	<p style="text-align: center;">January 17, 2019 at 11:59 PM</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
SCHEDULE	<p style="text-align: center;">Warm-Up 12:00 noon – Events at 12:45 PM</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered Potomac Valley Swimmers 10 years of age and under. Also open to USA Swimming registered swimmers from Out of Town Teams. Swimmers shall compete at the age attained on the first day of the meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> Semi-automatic timing (Colorado Timing System buttons) and manual timing (Stopwatches) will be used for this meet.

RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • No on-deck USA-S registration is permitted. • Deck entries must be submitted with payment (\$10.00 per event) no later than 30 minutes prior to the first event. No new heats will be created. • 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. Per PVS policy, the use of equipment capable of taking pictures (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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. • Operation of a drone or any other flying devices 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. • Dive-over starts will NOT be used at this meet. • The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals. • A swimmer may enter no more than five (5) individual events.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • N/A
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> • Standard seeding will be used.
SCORING	<ul style="list-style-type: none"> • Scoring for the Special Pentathlon Awards will be based on the accumulated times of the five events.
AWARDS	<ul style="list-style-type: none"> • For individual events, medals will be awarded for 1st to 8th place. Trophies will be awarded for the top three (3) finishers in the Pentathlon events. • Reminder: In order to be eligible for the Pentathlon Event Awards, swimmers must participate in the following (5) five events: 7-8 and 6 & Under Swimmers: 25 fly, 25, back, 25 breast, 25 free and 100 IM 9-10 year old Swimmers: 50 fly, 50, back, 50 breast, 50 free and 100 IM
PROGRAMS	<ul style="list-style-type: none"> • Programs will be sold for \$2.00 each

CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stoke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should contact: Cheryl Lynn Venit dpws@aol.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Timers are encouraged to sign up in advance. Please click HERE to sign up to time.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "Little Blue Penguin - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: N/A Relay event fee: N/A Individual event fee: \$6.00 Deck entries: \$10.00</p> <ul style="list-style-type: none"> Make checks payable to PAC. Checks may be mailed to: Patuxent Aquatics Club 414 Forest Bridge Ct Laurel MD 20724 Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

2019 Little Blue Penguin Pentathlon

27 January 2018 (Sunday)

Warm up: 12:00pm, Events: 12:45 pm

Girls	Events	Boys
1	9-10 100 Freestyle	2
3	7-8 50 Freestyle	4
5	6 & Under 50 Freestyle	6
7	9-10 50 Butterfly	8
9	7-8 25 Butterfly	10
11	6 & Under 25 Butterfly	12
13	9-10 50 Backstroke	14
15	7-8 25 Backstroke	16
17	6 & Under 25 Backstroke	18
19	9-10 50 Breaststroke	20
21	7-8 25 Breaststroke	22
23	6 & Under 25 Breaststroke	24
25	9-10 50 Freestyle	26
27	7-8 25 Freestyle	28
29	6 & Under 25 Freestyle	30
31	9-10 100 Individual Medley	32
33	7-8 100 Individual Medley	34
35	6 & Under 100 Individual Medley	36