



Kings Spring Fling/Pentathlon
Sponsored by Prince George's Kings Swim Club
Friday May 1, 2020



Sanctioned by USA Swimming through Potomac Valley Swimming
Sanction # PVC-20-85

MEET DIRECTOR: **Beth Sellers**
bkseilers@comcast.net

OFFICIALS CHAIR: **Beth Sellers**
bkseilers@comcast.net

MEET REFEREE: **Kate Johnson**
spsjohnson@verizon.net

LOCATION: Prince George's Community College Natatorium
301 Largo Road
Largo, MD 20772

FACILITY: 50 meter x 25 yard indoor pool. Six (6) or Eight (8) lanes will be used for competition depending on entries. Water depth ranges from 5.7 feet to 6.9 feet at both the starting and turning ends of the pool.

The competition course has not been certified in accordance with *USA Swimming Rules and Regulations* Article 104.2.2(C)

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

ELIGIBILITY: Open to all swimmers registered with USA Swimming from invited teams. No swimmer will be permitted to compete in the meet unless swimmer is registered as an athlete member of USA Swimming as provided in *USA Swimming Rules & Regulations* Article 302.

Age on the first day of the meet will determine age for the entire meet.

DISABILITY SWIMMERS:

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: 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.

The Meet Director reserves the right to combine events in which there are insufficient entries.

RULES: Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#) (“MAAPP”), shall govern this meet.

No on-deck USA-S registration will be permitted.

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 (e.g., 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 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.

Dive-over starts may be used at this meet, except for during the 8 & Under events.

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

NOTE: In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Prince George’s Community College Natatorium, 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.

TIMING: Manual Timing (stopwatches only) 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.

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 Tuesday April 21, 2020.

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.

No deck entries will be accepted.

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.

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

E-Mail Entries To: bksellers@comcast.net

FEES: Individual Events \$7.00
Make Checks payable to: PG Kings

OFFICIALS: We ask for your team's help in supplying officials for the meet. Please contact the Meet Official's Chair, Beth Sellers, bksellers@comcast.net no later than April 27th. 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 teams. Coaches and working officials will be provided with printed programs.

CREDENTIALS: Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck.

Coaches and Officials should have proof of current USA Swimming membership with them at all times.

Kings Spring Fling Pentathlon
May 1, 2020
Warm ups 5:30pm Meet Start 6:00pm

Order of Events

Women	Event	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