



**2010 NC The Greensboro Swimming Association's
Fall Pentathlon Swim Meet
October 9-10, 2010
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. NC10098.
- HOST:** The Greensboro Swimming Association, www.GSAswim.org
- 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. and pool depth is 6 ft. at the starting block end. 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. The pool is not certified to USA Swimming standards.
- CLASSIFICATION:** Age Group/Senior Development
- ELIGIBILITY:** All swimmers must be registered with USA Swimming.
- GSA welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit GSA's ability to accommodate all requests.
- MEET DIRECTOR:** Don Gilchrist
GSAMeetDirector@GSAswim.org
- MEET REFEREE:** Trish Martin
GSAboard@GSAswim.org
- MEET MARSHAL:** Kate Walker
GSAswimbiz@GSAswim.org
- 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. There will be no penalty for missing a timed final event although the event will count toward the swimmer's event limit.
- 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.
- We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal. Continuous warm-up in diving well is limited to USA swimmers only and will be monitored throughout meet.
- In water starts will be used for swimmers #2 and #4 for 100Y relays.
- 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.

OFFICIALS: We welcome all USA Swimming certified officials and apprentices on deck. There will be an officials' meeting 30 minutes prior to the session.

COACHES' MEETING: There may be a brief coaches' meeting at the end of warm ups at the referee's discretion.

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.

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 FEES: \$2.50 for each individual event
\$8.00 for each relay event
\$4.00 for each swimmer - NC Travel Fund (includes relay only swimmers)
\$7.00 facility charge
Make checks payable to: The Greensboro Swimming Association
Entry fees are non-refundable.

ENTRY DEADLINE: Midnight, Wednesday, September 29, 2010.

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.

Note: Based on entries, we reserve the right to combine sessions or adjust start times to provide the best competition format. Coaches will be advised of changes via email.

ENTRY SUBMISSION: Entries must be submitted in Hy-Tek Team Manager format to:
Don Gilchrist
Email: GSAMeetDirector@GSAswim.org
Mail: GSA
P. O. Box 10085
Greensboro, NC 27404.
Phone: 336-851-2848 (office)

SCORING: This meet is scored for Pentathlon Award purposes only.

PENTATHLON AWARD 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&U.

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

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

WARM UP

PROCEDURES: Lane assignments will be made based on entries. Specific warm up lanes will be established at coaches' request during the last 20 minutes of each warm up session.

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 8 & Under, 9-10 Session
Warm-ups at 7:30-8:20 - Competition at 8:30 AM

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

Saturday Afternoon 11-12, 13-18 Session

Warm-ups (50 minutes) not before 1:30 PM - Competition not before 1:30 PM

35	11-12	100Y Butterfly BB+	36
37	11-12	100Y Butterfly B/C	38
39	13-18	50Y Butterfly	40
41	11-12	100Y Backstroke BB+	42
43	11-12	100Y Backstroke B/C	44
45	13-18	50Y Backstroke	46
47	11-12	100Y Breaststroke BB+	48
49	11-12	100Y Breaststroke B/C	50
51	13-18	50Y Breaststroke	52
53	11-12	100Y Freestyle BB+	54
55	11-12	100Y Freestyle B/C	56
57	13-18	50Y Freestyle	58
59	11-12	100Y Individual Medley BB+	60
61	11-12	100Y Individual Medley B/C	62
63	13-18	200Y Individual Medley	64
65	11-12	200Y Medley Relay	66
67	13-18	200Y Medley Relay	68

** Based on entries, GSA reserves the right to combine morning and afternoon sessions and adjust session start times to provide the best competition situation for all swimmers.

**The Greensboro Swimming Association's
Fall Pentathlon
Order of Events**

Sunday Morning 8 & Under, 9-10 Session

Warm-ups 7:30-8:20 AM - Competition at 8:30 AM

Girls	Age	Event	Boys
69	9-10	100Y Butterfly BB+	70
71	9-10	100Y Butterfly B/C	72
73	8-UN	25Y Butterfly	74
75	9-10	100Y Backstroke BB+	76
77	9-10	100 Backstroke B/C	78
79	8-UN	25Y Backstroke	80
81	9-10	100Y Breaststroke BB+	82
83	9-10	100Y Breaststroke B/C	84
85	8-UN	25Y Breaststroke	86
87	9-10	100Y Freestyle BB+	88
89	9-10	100Y Freestyle B/C	90
91	8-UN	25Y Freestyle	92
93	9-10	100Y Individual Medley BB+	94
95	9-10	100Y Individual Medley B/C	96
97	8-UN	100Y Freestyle	98
99	10-UN	200Y Freestyle Relay	100
101	8-UN	100Y Freestyle Relay	102

Sunday Afternoon 11-12, 13-18 Session

Warm-ups (50 minutes) not before 12:30 PM- Competition not before 1:30 PM

103	11-12	50Y Butterfly BB+	104
105	11-12	50Y Butterfly B/C	106
107	13-18	100Y Butterfly	108
109	11-12	50Y Backstroke BB+	110
111	11-12	50Y Backstroke B/C	112
113	13-18	100 Backstroke	114
115	11-12	50Y Breaststroke BB+	116
117	11-12	50Y Breaststroke B/C	118
119	13-18	100Y Breaststroke	120
121	11-12	50Y Freestyle BB+	122
123	11-12	50Y Freestyle B/C	124
125	13-18	100Y Freestyle	126
127	11-12	200Y Individual Medley BB+	128
129	11-12	200Y Individual Medley B/C	130
131	13-18	100Y Individual Medley	132
133	11-12	200Y Freestyle Relay	134
135	13-18	200Y Freestyle Relay	136

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USA Swimming Application for Sanction

Date August 17, 2010

I, Don Gilchrist, apply on behalf of The Greensboro Swimming Association for a sanction to hold a

Swimming Competition

At Grimsley High School Pool in Greensboro N. C. on the day(s) of October 9- 10, 2010. Our sanction fee of \$10.00 has been paid via PayPal and the event information and event entry form are attached.

As a condition of obtaining such a sanction, I and the above organization, which I represent, agree to abide by and govern this event under the rules and regulations of USA Swimming and North Carolina Swimming and all other terms and conditions upon which this sanction may be granted. These terms specifically include all local rules and regulations and those set forth in Article 202 of the current edition of USA Swimming Rules and Regulations, specific reference to 202.2.6 thereof, which provides that:

In granting this sanction it is understood and agreed that the Corporation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

OFFICIALS: Officials for this meet shall be qualified persons certified by USA Swimming and a list of such officials will be submitted one week prior to the above event, if requested.

Signed: _____, _____
CLUB VICE - PRESIDENT DATE

Signed: _____, _____
CLUB REPRESENTATIVE DATE

Return Sanction to: Don Gilchrist
Address GSA , P. O. Box 10085
City/State/Zip Greensboro, NC 27404
Phone 336-851-2848

EMAIL APPLICATION TO:
sanctions@ncswim.org

DO NOT WRITE BELOW THIS LINE

For LSC Use Only

Approved / Not Approved (circle one)
Sanction Number

Signed _____

Issued _____
Date