

MONTCLAIR SWIM TEAM
PACIFIC SWIMMING 14 & UNDER SHORT COURSE PENTATHLON MEET
SUNDAY, MAY 19, 2024
Enter Online: <https://ome.swimconnection.com/PC/MONT20240519>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-054**

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

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NOTICE: By entering this meet, the Athlete or their guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet at MeetMobile.**

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

MEET PERSONNEL:
Meet Referee: Chris Lam **Head Starter:** Markus Daene
Meet Marshal: Marisa Yeung **Admin Official:** Laurie Jacobson Jones
Meet Director: Krysta Lapcevic, montpentathlon@gmail.com, 415.518.9974

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga California 94556

DIRECTIONS: From Highway 24 westbound – take Central Lafayette exit, turn right on Deer Hill Rd., right on First St., right on Mount Diablo Blvd., left on Moraga Rd., and right on Campolindo Dr. From Highway 24 eastbound – take Orinda exit, right on Moraga Way, left on Glorietta Blvd., right on Rheem Blvd., left on Moraga Rd., left on Campolindo Dr. Pool is located behind high school. Parking lot is located on the left. Do not park where “No Parking” or “Permit Parking Only” signs are posted. There is absolutely no parking anywhere on or along the fire road that leads from the parking lot to the swimming pool. You will be ticketed or towed. No parking is allowed in Carroll Ranch, where the streets are privately-owned.

COURSE: OUTDOOR 25 YARD x 50 METER pool with up to 10 lanes available for competition. Separate lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10 ft at the start end and 7 ft at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. A special warm-up time for 8 & under athletes only will be held from 8:45 AM to 8:55 AM.

RULES: • Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- **Athletes must enter all 5 events in their age group. Scratches are permitted at check-in.**
- All Athletes ages 12 years and younger should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athlete’s age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Medical Supervision:** Lifeguards are supplied by the venue.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete’s USA Swimming Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete’s legal guardian to ensure compliance with this requirement.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or their designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 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.
- With the exception of working and documented service animals, dogs are prohibited at the facility.

ELIGIBILITY:

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming’s online member registration before being allowed to swim in the meet.

- Entries with **"NO TIME" will be rejected.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The Athlete’s age will be the age of the Athlete on the first day of the meet.
- Athletes 15 years and older are not eligible to compete in this meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **Monday, April 15, 2024**. Entries from members of year-round Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on **Sunday, April 21, 2024**, will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year-round and seasonal) postmarked or entered online between 12:01 AM on **Monday, April 22, 2024**, and 11:59 PM on **Monday, April 29, 2024**, will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received. In addition to Zone 2 clubs, up to 30 athletes who are members of or train with North Bay Aquatics (NBA) may enter during the entry priority period.

ENTRY FEES: \$22.50 (\$4.50 × 5 events) plus a \$10.00 SCY participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/MONT20240519> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, May 8, 2024**.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, **Monday, May 6, 2024**, or hand delivered by **Wednesday, May 8, 2024, at 6:30 PM**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Montclair Swim Team

Mail entries to: Krysta Lapcevic
P.O. Box 9251
Berkeley, CA 94709

Hand deliver entries to: Address will be provided upon request.
Please contact the Meet Director
415.518.9974 or montpentathlon@gmail.com

CHECK-IN: The meet will be deck-seeded. Athletes must check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in for an event shall be no more than 60 minutes before the estimated start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM. Athletes who do not check-in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch (withdraw) from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

AWARDS: Heat Winner ribbons will be awarded in all events. Distinctive awards will be given to girls and boys with the top eight (8) cumulative times for the 8&U, 9, 10, 11, 12, 13, and 14 age groups. Swimmers must successfully complete all 5 events to be eligible for these awards. All awards must be picked up during the course of the meet; awards will not be delivered or mailed. This meet does not provide medals for new "A" times.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials on a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SUNDAY, MAY 19, 2024			
8 & UN	9-10	11-12	13-14
50 Free	50 Free	100 Free	100 Free
25 Fly	50 Fly	50 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back
25 Breast	50 Breast	50 Breast	100 Breast
100 IM	100 IM	100 IM	100 IM

SCHEDULE OF EVENTS

SUNDAY, MAY 19, 2024			
GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
1	13-14	100 Free	2
3	11-12	100 Free	4
5	9-10	50 Free	6
7	8 & Under	50 Free	8
9	13-14	100 Fly	10
11	11-12	50 Fly	12
13	9-10	50 Fly	14
15	8 & Under	25 Fly	16
17	13-14	100 Back	18
19	11-12	50 Back	20
21	9-10	50 Back	22
23	8 & Under	25 Back	24
25	13-14	100 Breast	26
27	11-12	50 Breast	28
29	9-10	50 Breast	30
31	8 & Under	25 Breast	32
33	13-14	100 IM	34
35	11-12	100 IM	36
37	9-10	100 IM	38
39	8 & Under	100 IM	40

Athletes must enter all five (5) events in their age group.
All events will be seeded and swam from fastest to slowest.

Pacific Swimming – Hosted by Montclair Swim Team
 14 & Under SHORT COURSE PENTATHLON Meet
 Sunday, May 19, 2024
 Consolidated Entry Form

Name: Last	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries 5 x \$4.50 = \$ 22.50
 Participation Fee = \$ 10.00
Total \$ 32.50

Coach

Athlete's Address

Home Phone	Cell Phone
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Email
