

THE PENTATHLON MINI MEET

Hosted by

Trident Swim Club

January 18, 2004

Warm-up: 9:30 AM – Start: 10:15 AM

Sanctioned by Middle Atlantic Swimming, Inc.
Meet Sanction #0457M

LOCATION:	Millersville University 105 Pucillo Drive, Millersville, PA 17551 Phone: (717)872-3490
FACILITY:	Pucillo Natatorium, on the campus of Millersville University, part of Pucillo Gymnasium. Located on Pucillo Drive off of George Street in Millersville. The Natatorium seats 500 people.
INQUIRIES:	Questions should be referred to Gwyn Atkinson at gwynswim@aol.com , or the Meet Director.
MEET DIRECTOR:	Tom Nealley , 717-285-5156 x247(W), 717-397-7722(H) after 6:00 PM Email: tridentmeet@comcast.net
OFFICIALS:	If you are interested in officiating at this meet, please contact Deb Kline. 717-898-3678 (H)
SAFETY DIRECTOR:	Sue Kauffman (717)541-9002
ELIGIBILITY:	This meet is open to all eight and under swimmers currently registered with USA Swimming. <ul style="list-style-type: none">• Age group is determined by the swimmer's age on January 18, 2004.• Each swimmer may compete in a maximum of FIVE (5) individual events.• All events will be swum as pre-seeded timed finals.
ENTRY LIMITS:	General: <ul style="list-style-type: none">• The Meet Director reserves the right to limit entries or heats, or to modify the meet format, to conform to Middle Atlantic session length rules.• If limits become necessary, teams will be notified through their club contact.• If limits are imposed, all eliminated swims will receive a full refund.• Once the meet is full, subsequent entries will be returned and the club contact will be notified. <p>Deck entries will be accepted at the discretion of the Meet Director.</p>

WARM-UP:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> The warm-up session is an Open Warm-up and will start at 9:30 a.m. Sprint lanes will be available 20 minutes before the start of the meet and will be announced during the warm-up session. Swimmers without a coach must report to the Meet Director prior to entering the pool for warm-up to obtain a lane assignment. The warm-up session is subject to the following procedures: No diving during the warm-up except in designated sprint lanes. Sprint lanes will be announced during the warm-up session. The meet referee may remove any swimmer from the warm-up session for failure to comply with the warm-up rules.
DECK ENTRIES:	Deck entries will be accepted upon discussion with the meet director.
SEEDING:	All events in this meet are Pre-seeded, timed finals.
HOW TO ENTER:	<ul style="list-style-type: none"> This meet will be swum in SHORT COURSE YARDS. Teams should submit entries in the course that the time was swum in. Times should not be converted. Email entries should be submitted using Hy-tek meet manager software. The e-mailed entries should also include information regarding the total number of entries and total number of swimmers, as well as the team's coach and team contact phone numbers and/or e-mail addresses. Teams should be aware that receipt of emailed entries is the responsibility of the sending team, just as entries via U.S. Mail. Entry check must be received within 7 days of emailed entries. Entries sent via regular U.S. mail may be submitted on a 3.5' diskette using Hy-tek meet manager software, along with a hard copy printout listing each swimmer alphabetically and each swimmer's events and entry times. If a HY-Tek file is not possible, the Meet Entry Form. There will be a \$2.00 per swimmer surcharge fee for any team of 5 or more swimmers that submits entries manually. As per Middle Atlantic regulations, failure to enter a swimmer's best time could result in suspension from competition for a minimum of three months, but not more than one year. Further violation by a coach, parent, or swimmer could result in that person being forbidden to participate in or attend USA Swimming functions.
ENTRY FEES:	<p>\$2.50 per Individual Event \$5.00 per Individual Event for Deck Entries \$2.00 surcharge per swimmer for any team of 5 or more swimmers submitting entries manually.</p> <p>Please send ONE check per club, made payable to: TRIDENT SWIM CLUB</p>
SEND TO:	<p>Tom Nealley - Trident Swim Club 625 Springton Way Lancaster, Pa. 17601</p> <p>Signature Waiver: Entries requiring a signature can be delivered Monday through Friday, there is no Saturday delivery! For notification, please enclose a self-address, stamped postcard/envelope that can be returned, or email the Meet Director.</p> <p>Entry questions? Contact the Meet Director: Tom Nealley at 717-285-5156 x247(W), 717-397-7722(H) after 6:00 PM or at tridentmeet@comcast.net</p>

ENTRY DEADLINE:	Monday, January 12, 2004 by 8:00 p.m.
RULES:	<p>Start Procedures:</p> <ul style="list-style-type: none"> • This Meet will be conducted using the No Recall false start rule. • This Meet will also use the whistle command starting procedure. <p>Safety:</p> <ul style="list-style-type: none"> • Current USA Swimming and Middle Atlantic Swimming Safety procedures will be in effect and will be strictly enforced <p>Deck Access:</p> <ul style="list-style-type: none"> • By USA Swimming ruling, deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
EMAIL LIST:	<p>Coaches & Meet Entry Personnel ONLY!</p> <p>If you are planning to attend this meet, please send me an email message with your name & your team name to the email address below and I will put you on the Meet E-Mail List. This will ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet.</p> <p>Please note, your email does not ensure meet acceptance and does not count as your official entry. Your email is your way of ensuring that you get any new information in a timely manner.</p> <p>tridentmeet@comcast.net</p>
AWARDS:	<p>All Age Groups:</p> <p>Rosettes 1st to 3rd</p> <p>Ribbons 4th to 8th</p> <p>A Pentathlon Trophy will be awarded in each age group, to the male and female swimmer with the most total finish points in the following events:</p> <p>8 Year Old - 50 Free, 50 Back, 50 Fly, 50 Breast, and 100 IM</p> <p>7 Year Old - 50 Free, 50 Back, 50 Fly, 50 Breast, and 100 IM</p> <p>6 & Under - 25 Free, 25 Back, 25 Fly, 25 Breast, and 100 IM</p> <p>Points are earned for the top 16 places in each of the above events. Points are scored as follows, 1st to 16th place.</p> <p>20, 17, 16, 15, 14, 13, 12, 11, 8, 7, 6, 5, 4, 3, 2, 1</p> <p>All awards must be picked up at the conclusion of the meet. Awards will not be mailed!</p>
ADMISSION:	<p>Admissions & Program</p> <ul style="list-style-type: none"> • Adults - \$3.00 for admission and program • Children – admitted free. • There will be no snack bar or refreshments available during the meet.

RESULTS:	<ul style="list-style-type: none">• Final Results will be available on the Trident Swim Club web site in PDF and HY-TEK formats. www.tridentswimclub.org• Results will also be posted on the Middle Atlantic web site. www.maswim.org• At the conclusion of the meet, upon request, disks can be returned with a team results file.• The Meet Director may also be contacted via email to obtain an emailed HY-Tek file.• Results will not be mailed.
PARKING:	There is ample parking provided by the gymnasium.
DIRECTIONS:	<p>From Baltimore and South: Take I-83 north to route 30 East. Take exit for Route 741 East. On Route 741 East, the Rohrerstown Road will change to Millersville Road. About 4 miles beyond Route 30, turn right at the light onto Route 999. After the second light after the turn off of Route 741, watch for a fork in the road and bear left onto George Street, stay on George Street. Turn left on Pucillo Drive and follow to the Gymnasium/Natatorium.</p> <p>From PA Turnpike West and Harrisburg: Take exit 19/247 onto route 283 East. From 283, take exit for 741 east. On Route 741 East, the Rohrerstown Road will change to Millersville Road. About 4 miles beyond Route 30, turn right at the light onto Route 999. After the second light after the turn off of Route 741, watch for a fork in the road and bear left onto George Street, stay on George Street. Turn left on Pucillo Drive and follow to the Gymnasium/Natatorium.</p> <p>From PA Turnpike and 222 and North: Take exit 21/286 (Reading/Lancaster) and follow Route 222 south to route 30 west. From Route 30, take the exit for Route 741 east. On Route 741 East, the Rohrerstown Road will change to Millersville Road. About 4 miles beyond Route 30, turn right at the light onto Route 999. After the second light after the turn off of Route 741, watch for a fork in the road and bear left onto George Street, stay on George Street. Turn left on Pucillo Drive and follow to the Gymnasium/Natatorium.</p>

**Schedule of Events for the Trident
Pentathlon Mini Meet**

Saturday, January 17, 2004

Girls	Age	Event	Boys
1	7 & Under	50 Yard Butterfly	2
3	8 Year Old	50 Yard Butterfly	4
5	6 & Under	25 Yard Freestyle	6
7	7 Year Old	25 Yard Freestyle	8
9	8 Year Old	25 Yard Freestyle	10
11	7 & Under	50 Yard Backstroke	12
13	8 Year Old	50 Yard Backstroke	14
15	6 & Under	25 Yard Breaststroke	16
17	7 Year Old	25 Yard Breaststroke	18
19	8 Year Old	25 Yard Breaststroke	20
21	6 & Under	50 Yard Freestyle	22
23	7 Year Old	50 Yard Freestyle	24
25	8 Year Old	50 Yard Freestyle	26
27	6 & Under	25 Yard Butterfly	28
29	7 Year Old	25 Yard Butterfly	30
31	8 Year Old	25 Yard Butterfly	32
33	7 & Under	50 Yard Breaststroke	34
35	8 Year Old	50 Yard Breaststroke	36
37	6 & Under	25 Yard Backstroke	38
39	7 Year Old	25 Yard Backstroke	40
41	8 Year Old	25 Yard Backstroke	42
43	6 & Under	100 Yard Individual Medley	44
45	7 Year Old	100 Yard Individual Medley	46
47	8 Year Old	100 Yard Individual Medley	48

