



**FLY~BACK~BREAST~FREE~IM**

**THE CUTTEN GREEN CURRENT SWIM TEAM**

Invites you to

**THE 17<sup>TH</sup> ANNUAL PENTATHLON SWIM MEET**

**Sunday, June 14, 2009**

**LOCATION:** Klein Forest High School  
11400 Misty Valley, Houston, TX 77066 (See enclosed map)

**POOL:** Eight lane, 25 yards with non-turbulent lane lines

**TIME AND DATE:** Sunday, June 14, 2009

Age Groups 8 & Under and 9 & 10's  
AM Session Warm-Up at 7:00 AM – Session starts at 8:00 AM

Age Group 11 and Up  
PM Session Warm-Up at 12:30 PM – Session starts at 1:30 PM

Award presentation immediately following each session

**MEET DIRECTOR:** Karen Craig (281)-583-7626 pent\_swim@yahoo.com

**MEET REFEREE:** David Miller

**OFFICIALS:** 2009 NWAL certified officials will officiate. Participating teams are requested to furnish officials.

**TIMERS:** Participating teams are required to furnish timers. Although we will be using touch pads, we need 2 timers and 1 scribe per lane, for a total of 48 people in 2 shifts for the morning session, 72 people in 3 shifts for the afternoon. We are requiring 1 timer/scribe be listed for each 5 entries with contact information and shift preference so we can plan staffing to avoid meet delays.

**ENTRIES:** Entry fees are **\$20.00** per swimmer. Each swimmer must enter all five events (fly, back, breast, free, I.M.). Coaches are asked to submit swimmers' best **YARD** times for seeding purposes. Meet Manager files must be submitted for team entries, and individual swimmers (or teams with less than 5 swimmers) may enter using manual forms. All entries must be accompanied by the TEAM SUMMARY report and payment.

Make checks payable to **CUTTEN GREEN SWIM TEAM**; payment must accompany entries. **There will be NO on deck entries per NWAL rules.** Total entries will be limited to 550 swimmers on a first come-first served basis.

**REGISTRATION: Entries processed via email ([pent\\_swim@yahoo.com](mailto:pent_swim@yahoo.com))**

Entries will be processed on a first come first served basis. Entry deadline will be at close of regular registration, 9:00 PM Monday, June 8th, 2009. All Teams will be notified by email when their entries have been imported. Total entries will be limited to 550. All Teams' Hard Copies (including Team Entry Report, Meet Entry Fee Report, Team Contact Information and Team Check) must be "Overnight Expressed" or "Hand Delivered" and received by 6:00 PM Tuesday June 9, 2009. If you choose to Hand Deliver your entries and fees, follow the regular registration guidelines above.

Please mail "hard copies to Jill Laing @11818 Bourgeois Forest  
Houston, Texas 77066  
281-580-5381

If you must hand deliver entries and fees, they must be delivered between  
**5:00 and 9:00 PM on Monday June 8, 2009 at: Cutten Green Clubhouse  
6740 Seegers Trail**

**QUALIFYING TIMES (in YARDS)**

8 & U Boys	3:50.00	8 & U Girls	3:50.00
9 – 10 Boys	3:20.00	9 – 10 Girls	3:20.00
11 – 12 Boys	4:15.00	11 – 12 Girls	4:15.00
13 – 14 Boys	3:57.00	13 – 14 Girls	4:04.00
15 – 18 Boys	3:35.00	15 – 18 Girls	3:40.00

**NOTE:** These times are a composite of all 5 events. Individual times must be submitted for seeding purposes.

**RULES & SANCTION:** This meet has been sanctioned by the Northwest Aquatic League. All 2009 rules will apply except III.B.2.a. which limits swimmers to three (3) individual events and allows moving up age groups. Rule additions include: (1) All 8 & under must swim an I.M. and (2) All

swimmers who are disqualified or absent from an event become ineligible for Pentathlete composite awards. 8 & under and 9 & 10 year olds may use time trial or non official times for the Individual Medley only and only if they do not have a qualified time that was swum in an official meet.

**STARTING:** The Colorado starting system will be used.

**AWARDS:**

Individual Events: Ribbons for 1<sup>st</sup> through 16<sup>th</sup> place (**points to 10<sup>th</sup> place**)

Pentathlete Composite: Trophy for 1<sup>st</sup> place, Medals for 2<sup>nd</sup> through 5<sup>th</sup> place

**Ribbons and trophies awarded to the following ages/age groups: 8&U, 9,10,11,12, 13-14,15-18. If there are 10 or fewer swimmers in an individual age group the age groups will be combined. ie.,9/10, 11/12.**

**Team awards** -First, second and third place team trophies will be awarded to the three highest scoring teams in each of **THREE** groups. The groups will be based on the number of swimmers per team. Team awards will be based on the total points accumulated.

**SCORING:** Individual events 11-9-8-7-6-5-4-3-2-1. In the case of a Pentathlete tie the I.M. will be used as the tie breaker.

**FOOD:** Concessions will be provided.

**T-SHIRTS:** T-shirts will be for sale throughout the meet.

**HOSPITALITY:** A hospitality room for coaches and officials will be provided.

**TEAM AREAS:** Teams will be allowed to set-up in the Gymnasium. Set-up is on a first come-first served basis. There will be limited space in the gymnasium on the second floor near the pool area. **THERE IS NO SET-UP BEFORE SUNDAY MORNING.** Teams are responsible for their own equipment. Teams will be assessed a \$50.00 clean-up fee for leaving trash in their area.

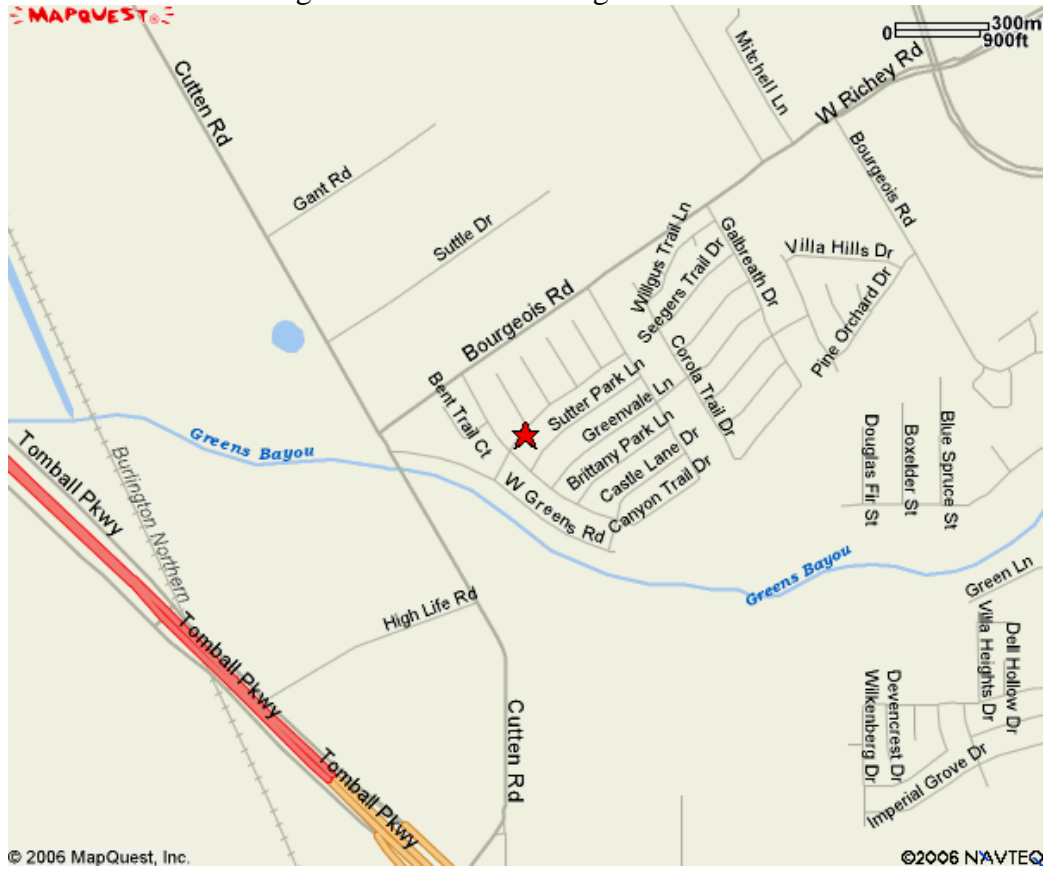
**WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the meet. There will be no re-seeding at the ready bench. The heat and lane assignments will be shown in the Meet Program that is for sale; the Meet Program will also be posted in a central location.

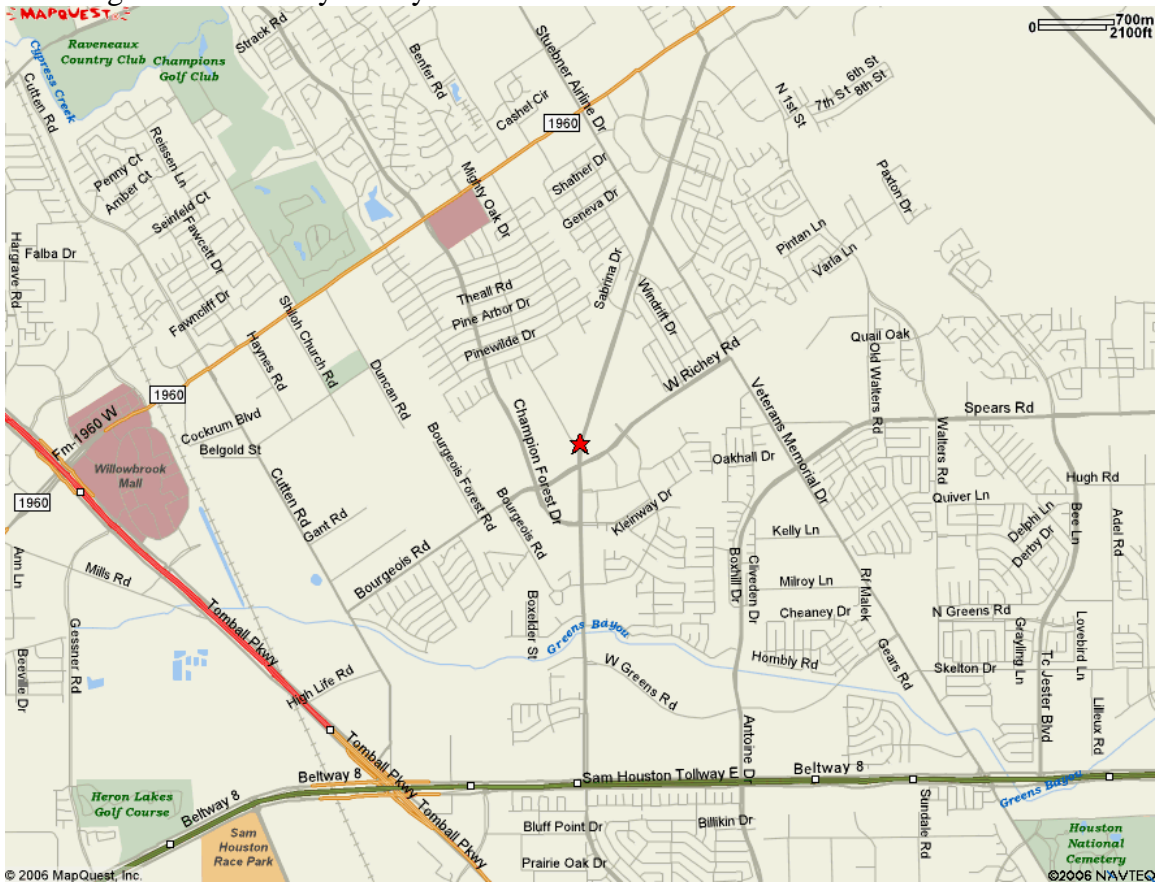
**READY BENCH:** As a pre-seeded meet, all heats and lane assignments are made prior to the meet. It is the swimmer's responsibility to be at the Ready Bench Area on time. Announcements will be made to call swimmers to the ready bench. Due to the high volume of swimmers and the pace of the 25-yard heats, it is necessary to call swimmers early; swimmers may be on the blocks when the announcement for their next heat is made. If this occurs, please rest assured that there is ample time for rest between heats; we simply need swimmers at the Ready Bench as soon as possible.

**FACILITY RULES:** No glass containers of any type are allowed in the natatorium. Violations of any rules may subject the offender to removal from the meet and penalty by Klein ISD. Because of insurance and safety regulations, the swimming pool deck, during the operation of the swim meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel and timers. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Cutten Green Clubhouse 6740 Seegers Trail – 6/08/09 Registration



Klein Forest High – 11400 Misty Valley – 6/14/09 Pentathlon



## **SAFETY GUIDELINES & WARM-UP PROCEDURES**

### **WARM-UP PROCEDURES: Lane Assignments posted on NWAL 6/13**

- A. General warm-up (first 1/2 of warm-up for each session):
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (last 1/2 of warm-up for each session):
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. **ONE-WAY ONLY** in all lanes.

### **SAFETY GUIDELINES:**

- A. Coaches Responsibilities:
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and warm-up.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work (last 1/2 of warm-up only)
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- B. Safety Marshals – any swimmer or coach who is in violation of safety guidelines or warm-up procedures may be removed by an authorized Safety Marshall. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- C. Miscellaneous:
  - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are off limits.
  - 7. During warm-up, unattached and unattended swimmers must report to the Safety Marshal for assignment to a coach before entering the pool.
- D. Facility rules
  - 1. Smoking or use of other tobacco products is not allowed in the natatorium.
  - 2. No glass containers of any type are allowed in the natatorium.

**2009 PENTATHLON**  
**TEAM SUMMARY**

**TEAM NAME:** \_\_\_\_\_ **TEAM ABBR:** \_\_\_\_\_

**TEAM REPRESENTATIVE NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**TEAM ENTRY PERSON:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

ALL AWARDS MUST BE PICKED UP THE DAY OF THE MEET. NO AWARDS WILL BE MAILED OR DELIVERED.

**TEAM REPRESENTATIVE PICKING UP AWARDS** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**CHECK LIST:**

1. **Team Manager Entry Export on USB Flash drive**
2. **Hard Copy meet Entry Report**
3. **This Team Summary Page**
4. **Payment – Check payable to Cutten Green Current Swim Team**

**TIMERS/SCRIBES AVAILABLE (1 volunteer per >5 swimmers): The Pentathlon committee will assign volunteer positions. Assignments will be posted at the meet.**

NAME	PHONE	AM/PM (choose one)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

**OFFICIALS AVAILABLE**

NAME	PHONE	AM/PM (choose one)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

**TOTAL FEE:** \_\_\_ swimmers @ \$20 each = \$\_\_\_\_\_.