

**34th Annual Rawlins Pentathlon
Rawlins Swim Team
Saturday May 1, 2010
Meet Begins At 10:00 AM**

- SANCTION:** This meet will be held under sanction of Wyoming Swimming, Inc. and USA Swimming, Inc. **WSI Sanction Number 2010-31.** Current USA Swimming Inc. rules will apply.
- HOST:** Rawlins Swim Team
- COACHES:** Hans Pedersen/Coulten Shepard
- MEET DIRECTOR:** Pat Cain, P.O. Box 669/47 Wagon Circle Road Rawlins, WY 82301
307 324 6443/307 321 8491 (cell) Email: patcain12@yahoo.com
- HEAD REFEREE:** Matt Wood 3528 Boston Road Cheyenne, WY 82001
307 638 4796 Email: mattjwould@hotmail.com
- LOCATION:** Rawlins High School, Brooks and Colorado Rawlins, WY 82301 307 324 9272
- POOL:** This is an indoor 25 yard pool, six (6) lanes with non-turbulent lane markers, bottom stripes and turn targets. 5' depth at starting end with starting blocks and 3'6" depth at the shallow end. Colorado Automatic Timing System with manual backup timers, touch pads and full matrix LED scoreboard. Championship series start system with horn and strobe light start. **NO SMOKING OR TOBACCO PRODUCTS ALLOWED ON SCHOOL PROPERTY.**
- RULES:** 2010 USA Swimming Rules will govern the meet. An officials meeting will be held at 9:40 am. A coaches meeting will be held at 9:50 am following the officials meeting.
- PROTESTS:** Protests of any kind will only be accepted by the Head Referee from the team coach and in accordance with 2010 USA Swimming Inc. rules.

- ELIGIBILITY:** Current USA Swimming registration will be required for all swimmers. Deck entries will be accepted providing extra heats are not created and proof of the swimmer's current USA eligibility is provided. Deck entries must be approved by the Meet Director and will cost \$5.00/event. Clubs will be fined \$100 for any swimmer not meeting the current registration requirements.
- AGE GROUPS:** *6 & under, *8 & under, 9-10, 11-12, 13-14, 15-16 and 17-over for individual events. 6 & under, 8 & under are not recognized USA Swimming age groups. Age determination will be of Saturday May 1st, 2010.
- EVENTS:** This meet will be pre-seeded. All events are timed finals. Deck entries will be accepted the day of the meet. Each swimmer must swim all five (5) individual Pentathlon events in order to be eligible for individual awards. These times will be totaled and the fastest twenty (20) will receive individual awards as described below. Swimmers not swimming all five (5) events will not be eligible for awards or team points, but allowed to swim for time. If a swimmer disqualifies (DQ's) in an event, his or her time for that event will be increased by 10%. If the disqualification is intentional in the opinion of the Meet Referee the swimmer will be disqualified from the event and will be ineligible for an individual award. The meet referee in concurrence with the meet director may consolidate events in accordance with Section 102.8.2 of the USA Rules and Regulations.
- ENTRIES:** All entries are to be on Master Sheets. The Master Entry Sheet is the final authority on whether a swimmer is entered in an event. The meet will be pre-seeded and preheated as a **Timed Final** meet based on entries submitted in yards. When a **No Time** entry is submitted, the swimmer will be randomly seeded in the slowest heat. **We prefer entries to be submitted by email via the attachment of the entry information in the HY-TEK format to: rosebcain@yahoo.com. Entries may also be submitted on a 3.5" computer diskette using the HY-TEK software. Results will be returned on the same diskette. If the entries are submitted on a computer disk a hard copy of the entries MUST be submitted. Teams may use the hard copy from Team Manager or Meet Manager or a Master Entry Sheet.**
- USA CARDS:** **ALL COACHES, OFFICIALS AND THE MEET DIRECTOR MUST HAVE CURRENT USA CARDS AND WEAR THEM IN PLAIN VIEW AT ALL TIMES AS PER WYOMING SWIMMING INC. RULES AND PROCEDURES.** If information on Coaches Certification is not available the swimmers for that team will be entered "unattached" and the coach will not be allowed on the deck. Fee payment should accompany all entries and be sent immediately if emailing entries.
- ENTRY LIMIT:** Swimmers may compete in five (5) individual events.
- ENTRY FEE:** \$20 per swimmer for the meet (5 events) plus a \$5.00 WSI participation fee. Submit one check, payable to the **Rawlins Swim Team (RST)** to cover entries from a single club. There will be no refunds.

ENTRY DEADLINE: Entries must be postmarked or received via email (HY-TEK) by Saturday April 24th, 2010. The team entry chair must sign and return the USA swimming "Compliance Form" or the team entries will not be accepted. **Mail entries to Rawlins Swim Team P.O. Box 2224 Rawlins, WY 82301**

RESULTS: Copies of the results will be mailed to each team participating within ten (10) days after the meet. Individuals requesting official results will be charged \$5.00 per copy.

SCORING: Individual swimmers will be scored on their combined time totals in all five (5) individual events.

AWARDS: Giant, magnificent trophies will be awarded to the top twenty (20) finishing boys and girls in the following age groups: 6 & under, 8 & under, 9-10, 11-12, 13-14, 15-16 and 17-over. Awards will be given to the swimmers at the end of the meet.

SCRATCHES: Scratches should be reported in writing at the coaches' meeting prior to the start of the meet.

CLERK OF COURSE: There will be no Clerk of Course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their positions behind the blocks.

CONCESSIONS: There will be a wide variety of food and drink available. All coaches and officials hospitality will be through the concession stand.

WARM-UPS: Fifteen (15) minutes of circle swim (no diving) followed by ten (10) minutes of one way swimming, starts permitted. All swimmers must have a coach on deck to supervise their warm-up. Swimmers without a coach at the meet will report to the Meet Director for assignment to a warm up lane. Warm-ups will be accordance with USA Swimming and Wyoming Swimming, Inc. warm-up procedures.

SAFETY: USA Swimming has advised clubs to use safe warm-up procedures in the conduct of meets. These include swimmers stepping rather than diving into warm-ups and designation of block-start lanes and one way sprints. Absolutely no glass containers are allowed in the pool area. Becky Neuman of 110 Brooks Ave. Rawlins, WY 82301 will be the Safety Director.

WARM-UPS AT 9:00 AM- MEET BEGINS AT 10:00 AM

GIRLS	ORDER OF EVENTS	BOYS
1	6 & under 25 Butterfly	2
3	8 & under 25 Butterfly	4
5	9-10 50 Butterfly	6
7	11-12 50 Butterfly	8
9	13-14 100 Butterfly	10
11	15-16 100 Butterfly	12
13	17 and over 100 Butterfly	14
15	6 & under 25 Backstroke	16
17	8 & under 25 Backstroke	18
19	9-10 50 Backstroke	20
21	11-12 50 Backstroke	22
23	13-14 100 Backstroke	24
25	15-16 100 Backstroke	26
27	17 and over 100 Backstroke	28
29	6 & under 25 Breaststroke	30
31	8 & under 25 Breaststroke	32
33	9-10 50 Breaststroke	34
35	11-12 50 Breaststroke	36
37	13-14 100 Breaststroke	38
39	15-16 100 Breaststroke	40
41	17 and over 100 Breaststroke	42
43	6 & under 25 Freestyle	44
45	8 & under 25 Freestyle	46
47	9-10 50 Freestyle	48
49	11-12 50 Freestyle	50
51	13-14 100 Freestyle	52
53	15-16 100 Freestyle	54
55	17 and over 100 Freestyle	56
57	6 & under 50 Freestyle	58
59	8 & under 100 Individual Medley	60
61	9-10 100 Individual Medley	62
63	11-12 200 Individual Medley	64
65	13-14 200 Individual Medley	66
67	15-16 200 Individual Medley	68
69	17 and over 200 Individual Medley	70