

Orca Swim Team

2014 Emerald City SCY Pentathlon

March 29, 2014

Warm-up: 1:00 PM Meet starts at 2:00 PM

Sanctioned by PNA for USMS Inc. # 0364-S005

LOCATION: Juanita Aquatics Center

10601 NE 132nd St. Kirkland WA 98034

FACILITY: 25yrd 6 lane pool, 82 degree water, additional warm-up area available throughout the meet.

MEET DIRECTOR: Brock Jones, brockhj@gmail.com, 503-939-4257

MEET REFEREE: Teri White teriwhite53@gmail.com

CONCESSIONS: Available on deck.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 3/29/2014. Age groups based on the swimmer's age as of 3/29/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, March 21, 2014, or online by 11:59 PM (Pacific) Wednesday, March 26, 2014. NO race day entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM.

CHECK-IN: Positive check-in required for the 400 IM by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: Ribbons for places 1-3 in individual events. Medals may be purchased at meet. Special pentathlon awards for first place in for each age group and pentathlon length.

ORDER OF EVENTS:

Event		Event	
1	200 Fly***	9	50 Breast*
2	100 Fly**	10	200 Free***
3	50 Fly*	11	100 Free**
4	200 Back***	12	50 Free*
5	100 Back**	<i>10 Minute Break</i>	
6	50 Back*	13	400 IM***
<i>10 Minute Break</i>		14	200 IM**
7	200 Breast***	15	100 IM*
8	100 Breast**		

PENTATHLON RULES:

Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * above).

Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** above).

Long Pentathlon events include 200's of each stroke & 400 IM (marked *** above).

Swimmers do not have to participate in the pentathlon to compete in the meet. Swimmers may register for a maximum of any 5 events, but must register for corresponding events to participate in the pentathlon.

Disqualifications in individual events will normally not disqualify a swimmer from the pentathlon. An additional 10 seconds will be added to the swimmers time for each 50 yards of the race and that time will be used in the pentathlon portion of the meet. The meet referee may suspend this at his/her discretion if it is believed the swimmer did not attempt the proper stroke. The event will still be recorded as a DQ in official meet results.

ENTRY FEES: \$26 flat fee for participation in up to 5 events or one pentathlon (US or Canadian; includes LMSC and timing surcharges) (optional \$16 fee for seniors and needs-based swimmers). Entry fees include WA State sales tax.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&mid=5159

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Orca Swim Team and mail to: Orca Swim Team, PMB 869, 1122 E Pike St, Seattle WA 98122

DIRECTIONS: From I-405 take the NE 124th St exit and head WEST. Turn RIGHT at 116th Ave NE. Turn LEFT on NE 132nd St. Pool is at Juanita HS. Turn LEFT on Juanita HS Dr. Pool is located next to the west parking lot.

ENTRY QUESTIONS: Jim Lasersohn,

2014pentathlonregistration@orcawimteam.org

ADDITIONAL INFO: The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.