



Team Vortex
Shamrock
Shindig

Long Course Pentathlon 2009

- Sanction:** Held under the sanction of USA Swimming #2009-033
- Location:** EPIC Pool 1801 Riverside Avenue Fort Collins, Colorado
Located at Edora Park off Prospect Avenue, between I-25 and Lemay Avenue
- Facilities:** Ten lane, 50-meter pool, with nonturbulent lane lines. 8 lanes will be used for competition, depending on volume of entries. One continuous warmup/ warmdown lane will be provided **for serious warmup/ warmdown only**. No team practice sessions will be allowed in the warmup lane. This is for individual pre-and post-race use only. No horseplay. EPIC IS A NONSMOKING FACILITY.
- Meet Directors:** Kathleen Seligmann, president@teamvortex.org
Diane Fromme, secretary@teamvortex.org
- Meet Referee:** Linda Seckinger, LSeckinger@aol.com, (970) 454-3697
- Entry Chair:** MacKenzie Brown, coachmackenzie@teamvortex.org, (805) 674-1590
- Safety Director:** Dale Lockwood, vicepresident@teamvortex.org, (970) 266-8930
- Timing:** Colorado Timing System with touch-pads and digital display. Each lane will have backup timers. **Timed Finals.**
- Schedule:** **SUNDAY March 29, 2009**
Warm Up: 7:00 – 7:50 a.m.
Start: 8:00 a.m.
- Rules:** Current USA rules will apply. The meet referee will have final authority on all matters related to the meet. Coaches and parents will be responsible for the behavior and safety of their swimmers and their families. Teams will be held responsible for any damage to the school. Positive sportsman-like conduct will be expected.
- Eligibility:** Open to all 2009 USA Swimming registered athletes. Age as of **March 29th, 2009** determines age group. Swimmers within the 120 day transfer period must swim Unattached. **No Qualification Times are required.** Any swimmer who appears on the CSI exceptions report without registration must come to the meet prepared to show their card or they will be deck registered before they can enter the water. A surcharge for deck registration will also apply: \$27.00 for year-round, \$14.00 for seasonal plus the normal registration fee.

Events: Swimmers may enter up to five (5) events. This meet will be pre-seeded. Swimmers must swim all five (5) individual Pentathlon events in order to be eligible for individual awards. These times will be totaled and the fastest six (6) will receive awards. Swimmers not swimming all five (5) events will be allowed to swim for time.

If a swimmer DQ's in an event, his or her time for that event will be increased by 10%. If the DQ is intentional in the opinion of the Meet Referee, the swimmer will be disqualified from the event and ineligible for an individual award.

Entry Procedure: A. Computer disk entries, prepared using Hy-Tek software. **THIS IS THE ENTRY METHOD OF PREFERENCE.** Your team is responsible for the accuracy of the entries on the disk. Include a hard copy of your Hy-Tek Data Exchange Standard and Comm Link disk. B. Master sheets for each age group must include name, age (as of the first day of the meet), USA number, and team code. Be sure to include the coaches' name, address, and phone number, and meet verification form on the Master Entry sheets. Failure to do so may result in swimmer entered improperly. If you enter 5 or more swimmers you must enter on HY-TEK or pay a \$25 fee. We will gladly accept entries on HY-TEK along with a printout of the disk.

The Colorado Swimming Meet Verification Form must accompany all entries.

Deck Entries: Deck entries will not be accepted. The clerk of course will be available to answer questions regarding entries.

Entry Fees: INDIVIDUAL EVENTS: \$4.60 per event
(\$.60 of each individual event goes to the CSI Support Fund)
POOL SURCHARGE: \$7.00 per swimmer

ONE CHECK PER TEAM, PAYABLE TO: **Team Vortex Swim Club**

Entry Deadline: Entries must be received by our entry chairman by **Friday, March 20**. Certified mail has priority over regular mail and will be prioritized by date and time. **THIS MEET IS LIMITED TO THE FIRST 350 SWIMMERS, INCLUDING TEAM VORTEX SWIM CLUB.**

Mail or deliver entries to:
Team Vortex Shamrock Shindig
P.O. Box 249
Fort Collins, CO 80522
Email: shamrock_shindig@teamvortex.org

All entries received after entry deadline may be accepted at the discretion of the Meet Director and Meet Referee at \$6.00 per event plus Pool Surcharge.

Scratches: Coaches must present a scratch list to the Clerk of Course before the end of the warm up session.

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

Age Groups: 8-Under, 9-10, 11-12, 13-14, and 15 & Over. Age as of **March 29, 2009** determines age group.

Awards: The top 6 individuals in each age group will receive a medal.

- Warm-up:** Current USA/CSI procedures for warm-up will prevail and will be strictly enforced. Coaches are asked to make sure their swimmers understand and abide by these procedures.
- Programs:** \$5.00 each. Coach's copies are provided free.
- Results:** Final results will be mailed within 14 days and will be returned on HY-TEK disk to teams entering on HY-TEK disk.
- Concessions:** A selection of food and drink will be available at EPIC's concession stand.
- Hospitality:** All coaches and officials will be provided a breakfast, snacks, and water. The hospitality room will be located in the lifeguard room.

March 29, 2009
Warm-up: 7:30 am, Meet start: 8:30 am

Girls	Order of Events	Boys
1	8 & Under 50-meter Butterfly	2
3	9-10 50-meter Butterfly	4
5	11-12 50-meter Butterfly	6
7	13-14 100-meter Butterfly	8
9	15 & Over 100-meter Butterfly	10
11	8 & Under 50-meter Backstroke	12
13	9-10 50-meter Backstroke	14
15	11-12 50-meter Backstroke	16
17	13-14 100-meter Backstroke	18
19	15 & Over 100-meter Backstroke	20
21	8 & Under 50-meter Breaststroke	22
23	9-10 50-meter Breaststroke	24
25	11-12 50-meter Breaststroke	26
27	13-14 100-meter Breaststroke	28
29	15 & Over 100-meter Breaststroke	30
31	8 & Under 50-meter Freestyle	32
33	9-10 50-meter Freestyle	34
35	11-12 50-meter Freestyle	36
37	13-14 100-meter Freestyle	38
39	15 & Over 100-meter Freestyle	40
41	8 & Under 200-meter Individual Medley	42
43	9-10 200-meter Individual Medley	44
45	11-12 200-meter Individual Medley	46
47	13-14 200-meter Individual Medley	48
49	15 & Over 200-meter Individual Medley	50