

IGLOO PENTATHLON
Magic Valley Y Marlins Swim Team
January 23, 2010

Sponsor: Magic Valley YMCA Marlins Swim Team

Sanction: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction 09-17. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet. (202.2.7)

Location: YMCA/City Pool; 756 Locust Street North, Twin Falls, ID 83301; Phone: 734-2336

Format: Pentathlon. All events will be swum as timed finals. There will be no relays.

Facilities: 8 lane, 25 yard pool with depth equal to or no less than 4.5 to 10.5 feet. Kiefer-McNeil lane lines, Kiefer starting blocks. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

Timing: Colorado Timing System, Hy-Tek Meet Manager for Windows. Hand times will be used for 25 yard events that will be started from the starting blocks.

Meet Referees:

Kyle Bodily
5331 Nez Perce
Pocatello, ID 83204
208 – 232 - 1958
kdbodily@msn.com

Kim Walton
430 West 538 Ln South
Heyburn, ID 83336
208-678-4574
akwalton457@msn.com

Meet Director:

Joy Crist
2674 E 4256 N
Twin Falls, ID 83301
208-733 - 3741
jcrist@elksrehab.org

Meet Entries:

Nikki Miller
1109 Golden Pheasant Dr.
Twin Falls, ID 83301
208-404-6122
nik_pbbc@yahoo.com

Eligibility: All swimmers must hold current USA registration cards. Age of the swimmer on the first day of the meet will determine swimmer's age group.

Entries: Each swimmer may enter 5 individual events.

A team using Hy-Tek Meet Manager can send entries by email to: nik_pbbc@yahoo.com, a diskette, or printout, and include a printout of the entries or proper fees that must also be submitted by 6:00 on the entry due date of January 11, 2010.

If using enclosed entry sheets, separate entry sheets must be used for males & females. Entries must include swimmer's name, age, USA team, team code, USA Registration number, event name and number.

Submit short course yard times only for seeding. "No times" will be accepted. Be sure to include the coach's name, address, and phone. A signed verification form must accompany each team's entry, verifying that all entrants are registered as of the meet entry due date of January 11, 2010. Deck entries will not be accepted.

Entry Deadline: Entries may be sent by email by the deadline, but all entry fees must arrive no later than 6:00 p.m. on January 11, 2010. Late entries will not be accepted.

Mail entries and fees to: Nikki Miller
1109 Golden Pheasant Dr.
Twin Falls, ID 83301

Email: nik_pbbc@yahoo.com
Phone #: 208-404-6122

Fees: \$22.00 per swimmer - \$14.75 awards and administration, \$1.75 travel fund, \$3.75 pool fees, \$1.75 timing system. All fees must accompany entries. One check per team. Make checks payable to: Magic Valley Y Marlins Swim Team. No refunds given for events entered, but not swam.

Officials:

There will be an officials meeting forty-five minutes prior to the start of the meet. (8:15) We appreciate and will need the help of certified deck officials from other clubs. Any officials attending the meet, please call the meet referee in advance of the meet.

Schedule:

At the referees discretion there will be a coaches meeting 15 minutes prior to the start of warm-ups the day of the meet (7:45am).

Warm-ups: 12-under 8:00-8:25 am
 13-over 8:25-8:50 am
Meet start: 9:00 am

Conduct:

Current USA Swimming Rules will apply. All events will be governed by 2010 USA Swimming Rules and Regulations. Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current Snake River Swimming safety guidelines and warm-up procedures will be followed. These are included with this invitation and will be posted. No diving off the starting blocks or deck during warm-ups except at the direction of the meet referee. Racing starts will be allowed in the designated sprint lanes during the last 10 minutes of each warm-up period. All events will be pre-seeded. Each team will be expected to provide timers.

Scoring: Events will be swam 8 & under, 9 & 10, 11 & 12 and 13 and over, but will be scored separately as 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. The scoring will be 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 by individual event. Scoring may be adjusted upward depending on the number of entries.

Awards: Awards will be given to all participants in each age category on a high point scoring system ; 6 & under, 7-8, 9-10, 11-12, 13-14, 15-18.
There are NO team awards.

Time Trials: Will be offered at the conclusion of the day's events. Entries must be turned into the computer table with a \$2.00 fee one-half hour before projected end of the day's events. Time trials will be limited to one per swimmer, and will count against event total for the day.

Misc: There is limited seating for spectators and swimmers. It is recommended that spectators and swimmers bring chairs. Heat sheets will be available for \$5. Concessions will be available. Hospitality will be provided for coaches and officials. Concessions and apparel and accessories will be available for purchase, as will meet T-shirts for \$12.

IGLOO PENTATHLON

Schedule of Events

January 23, 2010

Warm-ups: 8:00–8:25 am 12 & under

8:25–8:50 am 13 & over

Meet Starts: 9:00

GIRLS EVENT #	AGE GROUP	EVENT NAME	BOYS EVENT #
1	8 & Under	25 Butterfly	2
3	9-10	50 Butterfly	4
5	11-12	50 Butterfly	6
7	13-14	100 Butterfly	8
9	15-over	100 Butterfly	10
11	8 & Under	25 Backstroke	12
13	9-10	50 Backstroke	14
15	11-12	50 Backstroke	16
17	13-14	100 Backstroke	18
19	15-over	100 Backstroke	20
21	8 & Under	25 Breaststroke	22
23	9-10	50 Breaststroke	24
25	11-12	50 Breaststroke	26
27	13-14	100 Breaststroke	28
29	15-over	100 Breaststroke	30
31	8 & Under	25 Freestyle	32
33	9-10	50 Freestyle	34
35	11-12	50 Freestyle	36
37	13-14	100 Freestyle	38
39	15-over	100 Freestyle	40
41	8 & Under	100 I.M.	42
43	9-10	100 I.M.	44
45	11-12	100 I.M.	46
47	13-14	200 I.M.	48
49	15-over	200 I.M.	50

MVYM IGLOO PENTATHLON

Team Name _____ Team Abbreviation _____

Swimmers _____ x \$20.00 = \$ _____

Coach _____ Phone _____

Page Prepared by _____ Phone _____

BOYS/GIRLS

Last Name, First U.S.S. Number	Age	Event # Time	Event # Time	Event # Time	Event # Time	Event # Time
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____
_____		_____	_____	_____	_____	_____

Enter in Short Course Yards Only

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 30-45 minutes)

1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up.

B. SPECIFIC WARM-UP (Last 30-45 minutes)

POOL	PUSH/PACE	RECOMMENDED LANE USE	
		RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS.** Circle swimming only.

SECTION 2 -- 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 practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling:
 - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 - b. Marshals shall be current members of United States Swimming.
 - c. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
 - d. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
 - (2) The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

Hotel Information in Twin Falls For Igloo Pentathlon

Red Lion
1357 Blue Lakes Blvd. North
Twin Falls, ID 83301
208-352-5002
208-733-3813 fax

Best Western
1377 Blue Lakes Blvd North
Twin Falls, ID 83301
208-736-8000

Holiday Inn Express
1910 Fillmore St. N
Twin Falls, ID 83301
208-732-6001

Hampton Inn (new)
1658 Fillmore St. North
Twin Falls, ID 83301
208-734-2233

Comfort Inn
1893 Canyon Springs Rd
Twin Falls, ID 83301
208-734-7494

Shilo Inn Suites
1586 Blue Lakes Blvd North
Twin Falls, ID 83301
208-733-7545

Ameritel Inn
539 Poleline Rd
Twin Falls, ID 83301
736-9600
736-6757 fax

Hilton Garden Inn
1741 Harrison St.
Twin Falls, ID 83301
208-733-8500

Holiday Inn Express & Suites
1554 Filmore St
Twin Falls, ID 83301
208-732-6001