



First Annual Power Aquatics Pentathlon
Warren Central High School
May 1, 2010



- SANCTION:** This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction number **IN10279**.
- HOST:** Warren Central High School Natatorium
9500 East 16th Street
Indianapolis, IN 46229
- FACILITY:** Warren Central High School Natatorium provides an 8 lane 25 Meter course with separate diving well and instructional pool. A Colorado Timing System will be used. In the event of circumstances necessitating changes during the meet, information will be updated on the PA-IN www.powersaquatics.com website. Balcony spectator seating is available. All swimmers and spectators should enter Door #14.
- PARKING:** Free parking will be available in the lots adjacent to the Warren Central High School Natatorium, with several handicap compliant spaces.
- ELIGIBILITY:** Swimmers must be registered with USA Swimming to be accepted into this meet. Age as of May 1, 2010, will determine the swimmer's age for the entire meet. All swimmers must be registered with USA Swimming as current USA Swimming and Indiana Swimming rules will govern this meet. Coaches **MUST** constantly display their USA Swimming coach credentials to gain deck access. The meet referee or meet director reserves the right to ask for coaches to display their credentials and/or deny deck access if a coach does not comply.
- RULES:** Please pay special attention to USA Swimming rule 202.3.2 that states, "At a sanctioned competitive event, USA Swimming athletes members must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the member in making any arrangements for such supervision.
- Effective October 1, 2009, in swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee (USA Swimming Suit Rule 102.9.1 B).**
- FORMAT:** This meet will be conducted in a timed finals format.



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ENTRIES: Hy-Tek Team Manager meet entry files will be accepted by e-mail, which is the preferred entry method. A confirmation entry list will be emailed back to the person who sent the email entry. All team entries larger than 5 swimmers must be submitted in Hy-Tek file format. Team entries larger than 5 swimmers not in electronic Hy-Tek format will be charged a \$50.00 administration fee. Be sure to age-up swimmers before completing the entry.

All entries must be paid by Friday April 30, 2010. Please make check payable to: POWER AQUATICS. All swimmers are limited to five (5) events per day.

Entries are preferred via email to power.entries@gmail.com in the event they are mailed they must be **received** by Friday April 16, 2010 prior to 5 p.m. Deadline will be extended if meet is not full:

Mail Entries and fees to the Entry Chairperson:

Alan Hughes
8140 Rumford Road
Indianapolis, IN 46219
(317) 353.0686
Email: power.entries@gmail.com

DEADLINE: Entries will be accepted April 2, 2010 Entry deadline will be April 16, 2010, or until full. ***In the event the meet is not full, the deadline will be extended until such time as it is full. All entry times must be SHORT COURSE YARDS!***

FEES: Entry fees for timed finals events are \$4.00. Indiana Swimming surcharge per swimmer is \$1.50. Make checks payable to Power Aquatics.

DECK ENTRIES: Deck entries will be accepted at the discretion of meet management, with payment due immediately in cash or check. The fee will be \$8.00 per event

CHECK-IN: The check-in for this meet will consist of a Positive Check-In which means, "I am here and I intend to swim this event." ALL EVENTS for the Power Aquatics Pentathlon require a positive check-in.

ALL SWIMMERS MUST CHECK IN PRIOR TO WARM-UPS. Check in sheets will be located on the wall adjacent to the pool entrance door on the deck level. These Check-in sheets will be taken down 15 minutes after the start of warm-ups. Swimmers who fail to check in will be scratched. Adding swimmers back in who were scratched, because of swimmer error, or non-compliance of checking in, will result in a \$8.00 deck entry fee.

AWARDS: Ribbons will be awarded for 1st through 8th place in each Pentathlon event. Open events will be scored 13-14 & 15 & over. Pentathlon trophies will be presented to the boy and girl who swim all five possible individual events (in the same age group) who score the most combined points.

FINAL RESULTS: No final results will be sent to any participating clubs. Results will be emailed or can be



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obtained at the conclusion of the meet via coach provided flash drive.

PSYCH SHEETS: Psych sheets will be available for purchase for spectators. There will be no admission or parking fees.

SALES: Power Teamwear will be on site for all of your swimming needs.

T-SHIRTS: T-shirts are available for pre-order and will also be available for purchase at the meet at the Power Team Wear booth, please see the attached form.

CONCESSIONS: Concessions will be available on the level of the balcony seating.

SCHEDULE: Events will be on Saturday only.
Warm-Ups for Session 1 will start at 8:00 a.m. with the meet starting at 9:15 a.m. Warm-Ups for Session 2 will not start before 12:00 p.m. and meet starts not before 1:15 pm.
Warm-up lanes will be assigned and will be contained in your coaches packet.

CLERK OF COURSE: There will be a Clerk of Course located on deck for all 8 & Under events only.
We highly encourage coaches to cover check-in, scratch and meet procedures with their newer swimmers and parents. **ABSOLUTELY NO PARENTS WILL BE ALLOWED ON THE POOL DECK.** This is an insurance requirement of USA Swimming.

ENTRY CHAIR: Alan Hughes

MEET DIRECTORS: Geoff Arnold and Nicki Wilson
1769 Arlene Drive
Indianapolis, IN 46219
Email: Nichole.Wilson@adesa.com
Phone: 317-490-4529

MEET REFEREE: Stephen Hoferle
Email: coachhoferle@yahoo.com.

OFFICIAL CHAIR: Stephen Hoferle
Email: coachhoferle@yahoo.com.

Power Aquatics will need the help of your USA Swimming Officials. If you have a member that is in charge of your officials, please provide his/her name and e-mail address on the entry summary form where requested.



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FACILITY NOTE: Warren Central High School Natatorium and the facility is a newer built facility that provides several programs serving several school related activities. It is important that all people attending this meet, whether it is swimmers, coaches, or spectators, treat this facility with the utmost care and consideration.

Please keep all trash picked up, there will be several industrial sized trash cans placed in surrounding high traffic areas.

It is the responsibility of the coaches and parents to not let your children go in unauthorized areas. This means any place other than the pool deck, locker room areas, seating area, or identified camping area for the swimmers. Due to USA Swimming insurance requirements, **ONLY** swimmers, coaches, officials and volunteers are allowed on deck at **ALL TIMES**.

It is for the safety of your swimmers that these rules be strictly enforced. Thank you.



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Order of Events

Girls Event Number	Event	Boys Event Number
Session 1	Warm Up 8 A.M.	Meet Starts 9:15 A.M.

13 & Over

1	100 Free	2
5	100 Breast	6
9	100 Back	10
13	100 Fly	14
17	200 I.M.	18

Girls Event Number	Event	Boys Event Number
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Ages 11 & 12

3	50 Free	4
7	50 Breast	8
11	50 Back	12
15	50 Fly	16
19	200 I.M.	20

Order of Events continued



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Girls Event Number	Event	Boys Event Number
Session 2	Warm Ups Not Before 12 Pm	Meet Starts not before 1:15 PM

Ages 9 & 10

21	50 Free	22
25	50 Breast	26
29	50 Back	30
33	50 Fly	34
37	200 I.M.	38

Girls Event Number	Event	Boys Event Number
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Ages 8 & Under

23	25 Free	24
27	25 Breast	28
31	25 Back	32
35	25 Fly	36
39	100 IM	40



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Boys

SUMMARY PAGE

This summary form must be completed and returned with all entries prior to the start of the meet. Please make sure to include all of the following:

- 1) Individual entry sheets
- 2) Check for entries made payable to: Power Aquatics
- 3) Computer disk if not submitting by email. Email entries will receive preference.
- 4) This summary form completed.

If mailing, send to:

Alan Hughes 8140 Rumford Road, Indianapolis, IN 46219

Club _____ Club Code _____

Number of swimmers entered: Boys ____ + Girls ____ = Total _____

Number of swimmers entered: ISI surcharge @ \$1.50 each = _____

Number of boys Timed Finals entries _____ @ \$4.00 each = _____

Number of girls Timed Finals entries _____ @ \$4.00 each = _____

TOTAL AMOUNT ENCLOSED _____

Club official submitting entry	Coaches Names	Available Officials
Name _____	_____	_____
Address _____	_____	_____
City _____	_____	_____
State/Zip _____	_____	_____
Telephone (____) _____	_____	_____
Email address _____		

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges Power Aquatics, USA Swimming, Indiana Swimming, Warren Schools and each of their respective officers, agents, employees, members, successors and assigns, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned shall indemnify and hold harmless Power Aquatics, USA Swimming, Indiana Swimming, Warren Schools and all persons in any way connected with this event from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this ____ day of _____, 2010.

Signature of Club Official or Coach: _____



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FINAL RESULTS

All final results will be e-mailed and be placed on our web page at poweraquatics.com.

I am requesting results to be e-mailed to me at:

E-mail: _____

Circle preference or both:

Please send me a MM back up

Please send me a TM (.cl2) file



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T-Shirt Order Form

\$13.00 pre-order/\$15 day of event

- ◆ Place your order early to ensure that we have your size
- ◆ Make checks payable to: Power Teamwear
- ◆ We will have a limited supply of shirts available at the meet

Please mail or email information **by April 16, 2010** to:

Lindsey Lawson
 C/o Power Aquatics Pentathlon T-shirt Order
 P.O. Box 538
 Cicero, IN 46034

Email information to (Lindsey@powerteamwear.com) please indicated subject as: "Power Aquatics Pentathlon T-shirt Order"

Swimmer name: _____

Swim Team: _____

Address/City/Zip Code: _____

Phone number: _____

Sizes:	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL	Adult XXL(+ \$1)
Quantity:							