

2009 GCAT Pentathlon

September 12, 2009

Host Club:

Georgia Coastal Aquatic Team (www.GCATswim.com)
1415 South Camden Circle
Savannah, GA 31406
912-352-0792

Sanctioned by:

Georgia Swimming, Inc., (www.GASwim.org)
Sanction Number: **GA09-62**

Meet Referees:

Gregg Wozniak (gwoz1210@comcast.net)

Laurie Hartman (l.hartman01@comcast.net)

Meet Director:

Mary Ann Forrester (realtormaf@aol.com)

Meet Entries:

Laura Hibberts (GCATmeetentries@yahoo.com)

Facility:

Chatham County Aquatic Center (CCAC)
7240 Sallie Mood Drive
Savannah, GA 31406
912-652-6793

The CCAC is an indoor facility featuring a 25-yard x 50-meter pool with deep flow-over gutters, non-turbulent lane lines, and depth varying between 7 and 9 feet. Other features include indoor warm-up/warm-down lanes, spectator seating, generous deck space, locker rooms, electronic score board, and a Colorado timing system.

The competition course has been certified in accordance with 104.2.2C(4) and a copy of such certification is on file with GA Swimming and USA Swimming. Touch pads can only be used at the "Start" end of the pool.

Format:

The order of events is shown below and may be downloaded in Hy-Tek format from the Georgia Coastal Aquatic Team website at www.GCATswim.com.

All events will be pre-seeded and will be contested as timed finals in a single 8-lane, 25-yard pool. Warm-up/warm-down lanes will be available. Dive-over starts may be used so coaches are requested to ensure their swimmers are familiar with this type of start.

Eligibility:

Open to all currently registered USA Swimming athletes.

Entry Limit:

Each swimmer may compete in up to five (5) events, one (1) from each of the five (5) blocks of events (see "Order of Events").

Entries will close upon receipt of the team that puts the total number of entered visiting swimmers over 200.



Rules:

The current USA Swimming Rules and Regulations will govern the conduct of the meet. Swimmers will be responsible for swimming in their assigned heats and lanes. The Meet Referee may elect to change or combine heats, events or sessions. Every effort will be made to notify teams in advance of such changes.

Entry Format:

Hy-Tek Meet Manager software will be used so please submit entries via Hy-Tek Entry File. Entries must include each swimmer's first and last name, age, seed times for each event entered, and their USA Swimming registration number. Additionally, a completed and signed 'Entry Summary and Liability Release Form' and a signed copy of the entries must be received before the entries are considered complete. Swimmers and Teams cannot participate until their entries are complete. Entries will be processed when complete, on a first-come/first-served basis.

Email entries should include an attachment representing the Hy-Tek Entry File; an attachment in Word format of those same Hy-Tek entries; and, in the body of the email, a list of all attending coaches with their and the team's contact information for confirmation of receipt and any and all additional correspondence and meet announcements. Errors in entries submitted electronically are the responsibility of the applicant.

Email entries may be submitted to GCATmeetentries@yahoo.com.

Payment and Disk/Hardcopy entries may be sent to:

GCAT Meet Entries
c/o Laura Hibberts
10 Bransby Dr.
Savannah, GA 31406

A confirmation email will be sent to all teams.

Entry Deadline:

All entries must be received by 6:00 pm, Wednesday, Sept 2, 2009.

Entry Fees:

\$3.00/event if received prior to the entry deadline. \$6.00/event if received after the entry deadline. Georgia Swimming Inc. requires a \$2.00 surcharge for each out of state swimmer. Make checks payable to "Georgia Coastal Aquatic Team".

Late Entries:

After the entry deadline but prior to the day of the meet, late entries may be submitted by email to GCATmeetentries@yahoo.com.

At the meet, please see the Clerk of Course.

No additional heats will be created for late entries. Late entries will be processed on a first-come/first-served basis if empty lanes are available, will be seeded with no time (NT), and may not appear in the heat sheet. Late entered swimmers must present proof of USA Swimming registration to the Clerk of Course.

Any changes or entries received after the entry deadline will be charged on a late entry basis, which is double the regular fee.

Warm-up:

Georgia Swimming warm-up procedures and rules will be posted and must be followed. Lanes and warm-up times will be assigned and posted at the pool.

Coaches:

Coaches must sign in with the Clerk of Course and show their current USA Swimming coach's registration card.

All coaches planning to be on the pool deck must have a valid coach's card from their LSC. Any coach not having current certification will be barred from the pool deck; no exceptions will be made. Copies of the certification, faxes, and letters stating CPR/First Aid/STFSC are up to date will not be considered.

Coaches must display their credentials while on the pool deck.

Meeting:

A coaches' meeting will be held Saturday, Sept 12, 2009, at 8:15 am. One coach or representative from each club is requested to attend since coaches are responsible for any and all information discussed and disseminated at the meeting. Subsequent meetings will be arranged if needed. Coaches arriving late should check in with the Meet Referee upon arrival.

Heat Sheets:

Each team will receive one heat sheet for every coach listed on their proof of entry form provided they check in at the Clerk of Course and present their current USA Swimming membership card.

Supervision:

A current coach member of USA Swimming must supervise each swimmer participating in a USA Swimming sanctioned meet during warm-up and competition. An unattached athlete or an athlete not escorted by a current coach member must check in with the Meet Referee upon arrival at the meet. Such athletes will be assigned a member coach who will supervise him/her during warm-up and competition.

Officials:

Georgia Coastal Aquatic Team (GCAT) welcomes visiting officials and appreciates their help in conducting this event. Officials and apprentices must sign in with the Meet Referee (or designee) and show their current USA Swimming registration card and LSC certification card prior to the officials' meeting, which will be held no later than 30 minutes before the start of the session. Officials or apprentices requesting certain positions may contact the Meet Referee as early as possible prior to the meet.

All officials planning to be on the pool deck must have a valid official's card from their LSC. Any official not having current certification will be barred from the pool deck; no exceptions will be made. Copies of the certification, faxes, or letters stating certifications are up to date, will not be considered.

The uniform for all officials is white collared shirt, navy blue slacks or shorts (or skirts for women), and white tennis/deck shoes. Officials are encouraged to bring their own radio and headset.

Officials must display their credentials while on the pool deck.

Parents and Spectators:

Parents and spectators should not be on the pool deck in areas designated for coaches and officials. Persons serving in a volunteer capacity may be in these areas. Flash photography is prohibited at the beginning of each heat of competition.

Liability:

USA Swimming, Inc., Georgia Swimming, Inc., Chatham County Aquatic Center, and Georgia Coastal Aquatic Team, shall be free from any liability or claims arising by reason of injury to anyone during the conduct of the meet. The attached 'Entry Summary and Liability Release Form' must be completed, signed and accompany each entry.

Volunteers:

GCAT parents wishing to volunteer should contact the Meet Director, Mary Ann Forrester, at realtormaf@aol.com.

Awards:

Ribbons will be given in each individual event for places 1st through 8th.

A special pentathlon award will be given to one girl and one boy in each of the following age groups based on the swimmer's age; 8&U, 9-10, 11-12, 13-14 and 15&O. This award will be given to the one boy and the one girl with the lowest cumulative time from all five (5) of their events. Swimmers must compete in and receive a time in all five (5) of their events without disqualification to be eligible for this award.

Any awards not picked up at the conclusion of the meet will be shipped at the request of that team **C.O.D.** Please remember to pick up your swimmers' awards at the end of the meet to avoid incurring shipping charges.

Concessions:

There will be no concessions at this meet.

Hospitality:

There will be no complimentary hospitality area at this meet.

Attachments:

The Order of Events and the Entry Summary and Liability Release Form are attached below. Visit the Georgia Coastal Aquatic Team website (www.GCATswim.com) for hotel information and directions.

2009 GCAT Pentathlon Saturday, Sept 12, 2009

Order of Events

Session 1

Format:

Timed Finals

Warm-up:

8:30 – 9:45 am

Start time:

10:00 am

Girls Event #	Boys Event #	Age Group	Event (short course yards)	Block
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1	2	15 & Over	100 Back	1
3	4	13-14	100 Back	
5	6	11-12	50 Back	
7	8	9-10	50 Back	
9	10	8 & Under	25 Back	

11	12	15 & Over	100 Breast	2
13	14	13-14	100 Breast	
15	16	11-12	50 Breast	
17	18	9-10	50 Breast	
19	20	8 & Under	25 Breast	

21	22	15 & Over	100 Fly	3
23	24	13-14	100 Fly	
25	26	11-12	50 Fly	
27	28	9-10	50 Fly	
29	30	8 & Under	25 Fly	

31	32	15 & Over	100 Free	4
33	34	13-14	100 Free	
35	36	11-12	50 Free	
37	38	9-10	50 Free	
39	40	8 & Under	25 Free	

41	42	15 & Over	200 IM	5
43	44	13-14	200 IM	
45	46	11-12	100 IM	
47	48	9-10	100 IM	
49	50	8 & Under	50 Free	

Entry Summary and Liability Release Form

2009 GCAT Pentathlon Saturday, September 12, 2009

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Phone _____ Home _____ Email _____

All coaches from your team, present at the meet, must be listed

Coach _____ Coach _____

Coach _____ Coach _____

Coach _____ Coach _____

For entry problems call or email _____

Total individual events _____ X \$3.00 = \$ _____

Total relay events _____ X \$0.00 = \$ _____

Total number swimmers surcharge (non-Georgia swimmers only) _____ X \$2.00 = \$ _____

Total fees submitted \$ _____

Submit one check payable to **“Georgia Coastal Aquatic Team”**

Entries must be received on or before 6:00 PM, Wednesday, Sept 2, 2009. Mail entries to:

GCAT Meet Entries
c/o Laura Hibberts
10 Bransby Dr.
Savannah, GA 31406

Email entries to: GCATmeetentries@yahoo.com

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

The Chatham County Aquatic Center, Georgia Coastal Aquatic Team, Georgia Swimming, Inc, and United States Swimming, Inc., its agents, employees, and coaches shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this meet.

Signature/Title

Date