



PARKWAY SWIM CLUB
2021 Parkway Swim Club Pentathlon
September 17 – 19, 2021



SPONSOR/HOST	Parkway Swim Club		
SANCTION	Held under sanction of Ozark Swimming, Inc., on behalf of USA Swimming, Inc. Sanction Number: Pending		
MEET DIRECTOR	Ruth Price	Email: ruth.price323@sbcglobal.net	
OFFICIALS CONTACT	Stephanie Petersen Brett Shank	Email: legos-lb@sbcglobal.net Email: brett.shank@yahoo.com	
ENTRY CHAIR	Jon David Williford	Email: jwilliford@parkwayschools.net	
MEET REFEREE	Stephanie Petersen Brett Shank	Email: legos-lb@sbcglobal.net Email: brett.shank@yahoo.com	
ADMIN OFFICIAL			
SAFETY MARSHALL	Blair Porter	Email: bp3434@swbellnet	
FACILITY ADDRESS	Friday/Sunday: Walker Natatorium – Kirkwood High School – 801 West Essex Avenue, Kirkwood, MO 63021 Saturday: Parkway North High School – 12860 Fee Fee Road, St. Louis, Missouri 63141		
PARKING	Friday/Sunday: No parking directly in front of the Natatorium. All spaces are reserved for coaches, staff and officials. There is very little parking directly in front of the pool. Cars may park on Chopin Street or in the parking lot on Essex or Dougherty Ferry Drive. Saturday: Parking is reserved for Meet Referee, Meet Workers, and swimmers or parents to drop off only. We will NOT have any spectators allowed inside/outside pool area.		
FACILITY DESCRIPTION	Friday/Sunday: Kirkwood High School pool is an indoor 8 lane, 25 yard-course. It is equipped with an automated timing system, scoreboard, 8 starting blocks, and competitor non-turbulent lane lines. There is an additional 5 lane, 20 yard pool for warm up/warm down separated by a bulk head. Balcony spectator seating is available. Saturday: Parkway North High School pool is an indoor 6 lane, 25 yard-course. It is equipped with an automated timing system, scoreboard, 6 starting blocks, and competitor non-turbulent lane lines.		
POOL CERTIFICATION	Friday/Sunday: The competitive course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming Saturday: The competitive course has been certified in accordance with 104.2.2C(4). The copy of this certification is on file with USA Swimming		
WATER DEPTH	Friday/Sunday: The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth is a minimum of six feet at both start and turn end of the competition course. Saturday: The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. Pool depth is a minimum of six feet at the start and 3 feet 8 inches at the turn end of the competition course. No starts will occur from the turn end of the pool.		
HEAT SHEETS	Heat sheets will be emailed to teams or posted no later than September 15, 2021.		
EVENTS	This meet will be conducted in accordance with the attached schedule of events		
ENTRY OPEN	PKWY will begin to accept entries on Wednesday August 13, 2021 at 09:00 pm Central Time or until the entry limit is reached		
ENTRY DEADLINE	PKWY will accept entries up until the entry deadline, Friday, September 10, 2021 at 10:00pm Central time or until the entry limit is reached.		
ADDITIONAL ENTRY INFORMATION	Each club will receive a notification of receipt of entry. <u>This notification does not guarantee acceptance into the meet.</u> Teams will be notified on Friday September 10, 2021 if entries were able to be accepted within the entry limit. If the entry limit is reached, teams will be notified on September 10, 2021 if their entry was not accepted.		



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ENTRY LIMIT	Friday/Sunday: Each <u>session</u> will be limited to 250 swimmers maximum plus the host club. Team entries will not be split. Saturday: Each <u>session</u> will be limited to 125 swimmers maximum plus the host club. Team entries will not be split.	
CONFORMING TIMES	Swimmers should be entered at their actual time in short course yards. No times are allowed and should be designated NT	
FORMAT	<u>All of the technical and administrative rules of USA Swimming will apply.</u> All events are timed finals and will be swum fastest to slowest. Swimmers may enter and compete in up to ten individual events for the entire meet – no more than 2 events in Session 1, 3 events in Session 2 and 3, 4 events in Session 4, 5 and 6 and 5 events in Session 7. Swimmers must swim in all five events in their age group track to be eligible for overall awards. Limited events are discussed in “Seeding and Preseeding” <u>This meet will have seven sessions</u> Session 1 – Friday evening 12&U, 13&O and Open – 2 entry limit Session 2 – Saturday Morning (12&U Girls) – 3 entry limit Session 3 – Saturday Late Morning (12&U Boys) – 3 entry limit Session 4 – Saturday Afternoon (13&O and Open Girls) – 4 entry limit Session 5 – Saturday Evening (13&O and Open Boys) – 4 entry limit Session 6 – Sunday Morning (12&U) – 4 entry limit Session 7 – Sunday Afternoon (13&O and Open) – 5 entry limit	
ENTRY PROCEDURES	Teams are required to send an entry file that is compatible with Hy-Tek Meet Manager. All entries should be submitted by email to pkwymeetentry@gmail.com . The signed meet entry summary form and the check for the team entry fees must be received by the entry deadline in order to be considered for acceptance.	Mail summary forms and checks to: Jon David Williford c/o Parkway Swim Club 12657 Fee Fee Road St. Louis, Missouri 63146 \$30.00 per swimmer for meet There is a \$7.00 surcharge per swimmer
MEET DURATION	In compliance with USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits. Proof of times may be required if events are limited. Updated times will not be accepted past September 11 at 5:00pm Central Time for use in any limited event and the USA Swimming SWIMS database will be used to verify that the psych sheet is accurate. If swimmers are cut out of an event due to imitations, the entry will be refunded for said event or placed in a shorter one.	
PROOF OF TIMES	No proof of time is required, but teams are asked to enter swimmers at their actual time in order of priority: Short Course Yards, Long Course Meters, Short Course Meters	
OFFICIALS	PKWY welcomes officials from participating teams. If you are interested in officiating at this meet, please contact our Officials Coordinator, Stephanie Petersen at legos-lb@sbc.globalnet and Brett Shank at brett.shank@yahoo.com . Apprentice sessions may be available, but please get approval from Bill Renner (billrenner@gmail.com)	



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SEEDING AND PRESEEDING	All events are timed finals and seeded fastest to slowest. The Open 400 IM will be swum alternating girls, then boys. The following events will be deck seeded with a positive check-in deadline of 30 minutes prior to the start of the session and may be limited according to the following schedule: Swimmers must provide their own lap counter for the 500 Freestyle, 1000 Freestyle and 1650 Freestyle Events. The 500 Freestyle (24 swimmers per gender or 48 athletes total including the first 24 swimmers with NT who sign-up and the top 24 swimmers with a time), 1000 Freestyle (the first 8 <u>swimmers</u> with a NT who sign-up and the top 16 swimmers with a time) and 1650 Freestyle (the first 8 <u>swimmers</u> with a NT who sign-up and the top 16 swimmers with a time) are limited events. Swimmers must provide their own lap counter for the 500 Freestyle The host team reserves the right to include an additional heat of girls and/or boys for each of these events to be filled by the host team.	
DECK ENTRIES	There will be no deck entries at this meet.	
WARM-UP INFORMATION	Teams will be assigned warm-up lanes and times will be notified prior to the day of the meet. Swimmers who are unattached or otherwise do not have a coach to supervise warm-up should check in the Meet Director upon arrival to be assigned to a certified coach for warm-up.	
Session 1 Kirkwood	First warm up: 5:15pm – 5:45pm Second warm up: 5:45pm – 6:15pm	Meet start: 6:30pm
Session 2 Parkway North	First warm up: 7:00am – 7:25am Second warm up: 7:25am – 7:50am	Meet start: 8:00am
Session 3 Parkway North	First warm up: 10:50 – 11:15am Second warm up: 11:15 am – 11:40am	Meet start: 11:45am
Session 4 Parkway North	First warm up: 1:50pm – 2:15pm Second warm up: 2:15pm – 2:40pm	Meet start: 2:45pm
Session 5 Parkway North	First warm up: 5:10pm – 5:35pm Second warm up: 5:35pm – 6:00pm	Meet start: 6:05pm
Session 6 Kirkwood	First warm up: 7:15am – 7:45am Second warm up: 7:45am – 8:15am	Meet start: 8:30 am
Session 7 Kirkwood	Warm-up: Positive check including for 500 free, 1000 free and 1650 free by 2:10 pm First warm up: not before 12:30pm – 1:00pm Second warm up: not before 1:00pm – 1:30pm	Meet start: not before 1:40 pm
AWARDS/SCORING	The swimmer with the lowest cumulative time for all five events of the appropriate age group shall be declared the winner. A swimmer must compete in all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award. Age Group Tracks for High Point Award are as follows: 8&U 25's and 100 IM 8&U 50's and 100 IM	



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	9-10 50's and 100IM 9-10 100's and 200IM 11-12 50's and 100IM 11-12 100's and 200IM 11-12 200's and 400IM 13-14 100's and 200IM 13-14 200s and 400IM 15&O 100's and 200IM 15&O 200's and 400IM The meet will not be scored.
TIMERS	All timers will be provided by the host team.
RULES	2021 USA Swimming Rules and Regulations will govern the conduct of the meet.
DECK PRIVILIDGES	Only currently registered USA Swimming athlete and non-athlete members and volunteers necessary to run and operate the meet will be allowed on deck and/or locker room areas during the meet. Coaches must be currently registered with USA Swimming as a Coach member to act in a coaching capacity at the meet. Coaches must constantly display their USA Swimming coach credential for deck assess. The meet referee or meet director may ask for credentials and deny access if the coach does not comply.
ELIGIBILITY	The meet is open only to athletes registered with USA Swimming for 2021. "Applied for" will not be accepted. On deck registrations will not be available. The host LSC may impose a \$100 fine to the individual athlete or club, per event, for entering non-registered swimmers in an Ozark meet.
RACING START CERTIFICATION	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."
MEET REFEREE	The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet Referee has final judgment for <i>any</i> issues that arise during the course of the meet.
MEET MARSHALS	Meet Marshals have full authority through the Meet Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition in accordance with 202.4.10(M).
SWIMMERS WITH DISABILITIES	Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
PHOTOGRAPHY	In compliance with USA Swimming Rules and Regulations rule 202.4.10(H), the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally the use of equipment capable of taking pictures or videos (i.e.



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	cell phones, cameras, tablets, etc.) are prohibited from behind the starting blocks during the entire meet, including warm-up, competition and warm-down periods. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DECK CHANGING	Per USA Swimming rule 202.4.10(I), deck changes are prohibited.
PRE-MEET INFORMATION AND RESULTS	A technical bulletin will be e-mailed to all participating clubs prior to the meet which will include estimated timelines, warm-up assignments and any other pertinent information. Meet results will be posted at the pool and on Meet Mobile throughout each session. Final results will be posted on the Ozark Swimming website (www.ozarkswimming.org) following the meet.
RESTRICTIONS	As provided under 202.4.10(L), It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers are allowed in the meet venue
RULES	In accordance with USA Swimming rule 202.4.10J, unless approved in writing in advance of the completion by the Program & Events Committee Chair or designee, Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. In accordance with USA Swimming rule 102.8 1. Swimsuits for men may not extend above the naval or below the knee and for women may not cover the neck or extend past the shoulders or below the knee. 2. Swimsuits worn for competition must be non-transparent and conform to the current concept of appropriate. 3. No swimmer is permitted to wear or use any device, substance of swimsuit to help his/her speed, pace, buoyancy or endurance during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee 4. No Technical Suits shall be worn by any 12&U USA Swimming athlete member
Covid-19	We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending and participating in this meet you voluntarily assume all risks related to exposure to COVID-19.



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	An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
OTHER INFORMATION	There will be no spectators for this meet. The meet will be live recorded for virtual spectating. There will be a bull pen for the 12&Under swimmers on Saturday and Sunday morning located on deck. There will be no vendor available for this meet Concessions will be available Each team is responsible for its own valuables Each coach is responsible for the conduct of their team Friday/Sunday: The meet will be conducted in 8 lanes with the pool located on the other side of the bulk head designated as continuous warmup/down throughout each session. In the event of circumstances necessitating changes during the meet, information will be updated on the PKWY website at www.pkwy.org.
DIRECTIONS	A Google map link is available on the PKWY team website (www.pkwy.org)

Session 1: Kirkwood Friday Evening (12&U, 13&U, Open) Warm-up: 5:15 pm Meet Starts: 6:30 pm		
Girls	Event	Boys
1	12&Under 100IM	2
3	9-12 200IM	4
5	13&Over 200IM	6
7	Open 400 IM*	8

*No 10&Under swimmers may enter the Open events in this session.

Session 2: Parkway North Saturday Morning (12&U Girls)



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Warm-up: 7:00 am Meet Starts: 8:00 am

Girls	Event	Boys
9	12&Under 50 Butterfly	
11	9 – 12 100 Butterfly	
7 minute break		
13	12&Under 50 Backstroke	
15	9 – 12 100 Backstroke	
7 minute break		
17	12&Under 200 Freestyle	

Session 3: Parkway North
Saturday Morning (12&U Boys)
Warm-up: 10:30 am Meet Starts: 11:30 am

Girls	Event	Boys
	12&Under 50 Butterfly	10
	9 – 12 100 Butterfly	12
7 minute break		
	12&Under 50 Backstroke	14
	9 – 12 100 Backstroke	16
7 minute break		
	12&Under 200 Freestyle	18

Session 4: Parkway North
Saturday Afternoon (13&O Girls)
Warm-up: 1:50 pm Meet Starts: 2:45 pm

Girls	Event	Boys
19	13&O 50 Freestyle	
7 minute break		
21	Open 100 Butterfly	
23	13&Over 200 Butterfly	
7 minute break		
25	Open 100 Backstroke	
27	13&Over 200 Backstroke	
7 minute break		
29	Open 100 Breaststroke	
31	13&Over 200 Breaststroke	
7 minute break		
33	13&Over 200 Freestyle	

Session 5: Parkway North
Saturday Afternoon (13&O Boys)
Warm-up: 5:10 pm Meet Starts: 6:05 pm

Girls	Event	Boys
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	13&O 50 Freestyle	20
	7 minute break	
	Open 100 Butterfly	22
	13&Over 200 Butterfly	24
	7 minute break	
	Open 100 Backstroke	26
	13&Over 200 Backstroke	28
	7 minute break	
	Open 100 Breaststroke	30
	13&Over 200 Breaststroke	32
	7 minute break	
	13&Over 200 Freestyle	34

Session 6: Kirkwood Sunday Morning (12&U) Warm-up: 7:15 am Meet Starts: 8:30 am		
Girls	Event	Boys
35	8&Under 25 Butterfly	36
37	12&Under 50 Breaststroke	38
39	8&Under 25 Breaststroke	40
41	9 – 12 100 Breaststroke	42
43	8&Under 25 Backstroke	44
45	12&Under 50 Freestyle	46
47	8&Under 25 Freestyle	48
49	9 – 12 100 Freestyle	50

Session 7: Kirkwood Sunday Afternoon (13&O and Open) Warm-up: 1:00 pm Meet Starts: 2:10 pm		
Girls	Event	Boys
51	13&O 100 Butterfly	52
53	Open 200 Butterfly	54
55	13&O 100 Backstroke	56
57	Open 200 Backstroke	58
59	13&O 100 Breaststroke	60
61	Open 200 Breaststroke	62
63	13&O 100 Freestyle	64
65	500 Freestyle (Limited Event)**	66
67	1000 Freestyle (Limited Event)***	68
69	1650 Freestyle (Limited Event)****	70

Swimmers must provide their own lap counter for the 500 Freestyle, 1000 Freestyle and 1650 Freestyle Events. **The 500 Freestyle (24 swimmers per gender or 48 athletes total including the first 24 swimmers with NT who sign-up and the top 24 swimmers with a time), ***1000 Freestyle (the first 8



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swimmers with a NT who sign-up and the top 16 swimmers with a time) and ***1650 Freestyle (the first 8 swimmers with a NT who sign-up and the top 16 swimmers with a time) are limited events. Swimmers must provide their own lap counter for the 500 Freestyle. Swimmers entered in the 500 Freestyle are require to provide their own counter for the meet.

FEE SUMMARY AND RELEASE FORM

This summary form must be completed and returned with all entry fee by the start of the session on Friday, September 10, 2021. Please make certain to include all of the following:

1. Check for entries made payable to: **Parkway Swim Club**
2. This completed summary form

Mail the above to:

Jon David Williford
c/o Parkway Swim Club
12657 Fee Fee Road
St. Louis, Missouri 63146
Email: pkwymmeetentry@gmail.com

Club _____ Club Code _____

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

Number of swimmers entered: _____ x \$37.00 = \$ _____

TOTAL AMOUNT ENCLOSED = \$ _____

Contact Information:

Club Official submitting entry:

Coach's Name:

Name: _____

Address: _____

City: _____

State, Zip: _____

Telephone: _____

Email: _____