



**NEW  
ENGLAND  
SWIMMING**

**NEWPORT COUNTY WAHOOS  
2020 NEWPORT PENTATHLON**

Newport YMCA, 792 Valley Rd, Middletown, RI 02842

January 26, 2020

Held under the sanction of USA Swimming/New England #NE20-0126GPY-A

<b>Meet Director</b>	Louis Arruda	Likeafin@gmail.com
<b>Meet Referee:</b>	Tony Parente	Tony.parente1969@gmail.com
<b>Entry Chairperson:</b>	Louis Arruda	Likeafin@gmail.com
<b>Admin Official:</b>	Leigh Serth	Leighserth@gmail.com
<b>Safety Monitor</b>	Louis Arruda	Likeafin@gmail.com

**IMPORTANT DEADLINES:**

First date of entry: Wednesday, January 1, 2020  
 Final date of entry: Monday, January 20, 2020  
 Payment deadline: Sunday, January 26, 2020

**SESSION TIMES:**

Session 1 (Ages 9-12): Warmups-7:30am. Start-8:30am  
 Session 2 (Ages 8 & U, 13+): Warmups- 1:30pm. Start 2:30pm

**MEET FORMAT:** The meet will be conducted in a timed finals format, in accordance with USA Swimming Technical Rules. The Meet Referee reserves the right to make any adjustments to the provisions of the meet announcement necessary to ensure the fair and efficient operation of the competition. Swimmers are required to enter all 5 events in their age group. The I.M. will only feature the top 18 swimmers of each age group (8 & Under, 9-10, 11-12, 13-14, 15 & Over), based on the combined overall time of the previous 4 events. DQ's and/or No Shows in any of the first 4 events will eliminate the swimmer from competing in the I.M. Swimmers who qualify to compete in the I.M. will be seeded based on their original entry time. Each session will be seeded by computer based on positive check-in at the beginning of each session. Coaches will receive a positive check-in sheet before each session that must be returned no later than 30 minutes before the beginning of the session. Heat sheets will be posted around the pool deck. Coaches will be able to pick up heat sheets for each event at the control office.

No events will swim with more than one swimmer per lane.

A Bullpen will be in operation throughout the meet, to assist in ensuring swimmers arrive on pool deck in an orderly and SAFE fashion. The bullpen will be organized in the gym area (where all teams are seated).

**ALL SWIMMERS MUST WEAR SANDALS OR SOME KIND OF FOOTWEAR  
TO HELP PREVENT SLIPPING!**

**SITE:** The pool at the Newport YMCA is a 25-yard pool. It has 6 lanes with non-turbulent lane lines, Colorado Timing System, and touch pads at the start end of the facility. Semi-Automatic Timing will be used for 25-yard races. Start end depth is 10 feet and the turn depth is 3 feet. The Newport YMCA pool has not been certified in accordance with USA Swimming Policy 104.2.2C(4).

**COURSE:** Short course yards (25 yards)

**25-YARD EVENTS:** 25-yard events will start at the starting block end of the pool and finish at the turn end with two buttons to record the finish time.

**ENTRY POLICY:** *First Come First serve (FCFS)*

**CUT PROTOCOL:** If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour rule using the following cut protocols in any order deemed necessary:

**For meets using the FCFS entry policy and for teams included in the 25% of the 75%/ 25% entry policy:**

- (a.) May be asked to cut each athlete to two less events per day than the maximum allowed.
- (b.) Entries may be cut by time or to a specific number of heats for specified events.

If deck scratches allow a reasonable time-line, swimmers may be reinstated into those previously entered events. Clubs will be notified of cuts no later than Monday before the meet

**WEATHER PROTOCOL:** If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is a decision of the Meet Director and the Meet Referee. If weather requires the cancellation of any finals session, the results of the preliminary session will be the final order.

**ELIGIBILITY:** All swimmers must be current fully privileged YMCA members for the team they represent, for a period of at least 30 days prior to the first day of competition. Swimmers who are also currently certified USA Swimming members, in good standing, will have their times entered into the national SWIMS database. Age is determined by the age of the swimmer on the first day of the meet. Any swimmer entered in the meet must be certified as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SWIMWEAR:** Per New England Swimming policy, swimmers age 12 years old and younger are not allowed to wear "Tech" suits at any sanctioned or approved meet. The age of the swimmer is determined on the first day of the meet. A list of banned suits is found on [www.neswim.com](http://www.neswim.com) under ADMIN/Governance/Policies.

**DECK REGISTRATIONS:** Will not be accepted

**DECK ACCESS:** Only current USA Swimming or YMCA Swimming registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming or YMCA Swimming registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership will be removed from the pool deck.

**DISABILITY SWIMMERS:** Any current athlete members of USA Swimming with a disability, as defined by USA Swimming Rules and Regulations, may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the Meet Referee and Meet Director of any disability prior to competition.

**EVENTS and SESSIONS:** See attached list.

**ENTRY INFORMATION:**

First date of entry acceptance: Wednesday, January 1, 2020 (any entry received before this date will be considered received on 1/1/20,)

Final date of entry acceptance: Monday, January 20, 2020

Make checks payable to "Newport County Wahoos".

Mail completed signed entry cover page and waiver, and payment to the entry chairperson:

Louis Arruda  
41 Hawthorne Ave, Apt 3  
Cranston RI 02910

Payment due date for all entries: Sunday January 26, 2020, Any team that fails to send payment, cover page and waiver form, by this due date can be scratched from the meet at the discretion of the Entry Chairperson.

Entries will be acknowledged within 48 hours of the first date of entry if they are accepted into the meet. *Your entry is considered received only if you receive an acknowledgement.*

Any team that fails to send payment, cover page and waiver form, by the payment due date can be scratched from the meet at the discretion of the Entry Chair.

Any team who has not paid their meet fees by the start of the meet will be assessed a \$100 fine. If no payment is received after 30 days, the fine is doubled. This fine is payable to the Newport County Wahoos. Late payment of entry fees may result in future exclusion from meets hosted by our club.

**ENTRY LIMITS:** Swimmers are required to enter all five events for their respective age group.

**ENTRY FEES:**

Swimmer Participation Fee is \$20 per swimmer

Non-electronic entries: Swimmer Participation Fee is \$25 per swimmer

**ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chairperson at likeafin@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: Sunday Jan 26, 2020

**ENTRY TIME UPDATES:** Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chairperson at likeafin@gmail.com. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.)

**ENTRY TIMES:** All entry times must be entered in YARDS. (Coach's times should be used instead of NT's)

**TIME TRIALS:** Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays.

**LEGAL SPLITS:** Legal splits (including relay lead-offs) must be requested by a coach, before the event, using a legal split form (available from the Control Table) and the requesting party must supply an additional timer(s) on the lane for the split, if necessary, to meet the USA-S requirement.

**ADMISSION:** no admission fee

**PROGRAMS:** \$2.00

**MEET MOBILE:** Meet Mobile may be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.

**OFFICIALS:** If you know that you will be attending this meet email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available. This is for pre-meet planning purposes only. All officials are welcome to work any number of sessions and walk-ons are always welcome. (Officials meetings will be at least 30 minutes prior to the start of a session.)

**WARM-UPS:** Teams will be assigned warm-up lanes after all entries are received.

**SAFETY:**

- Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the blocks, or in any marked NO CAMERA ZONE.
- Deck changes are prohibited.

**RULES:** Current USA Swimming rules and the Minor Athlete Protection Abuse Policy (MAAPP) will govern all competition. Decisions by the Meet Referee will be final unless a written protest is lodged within 30 minutes of the heat swum. All swimmers, coaches and officials will follow the USA Swimming code of conduct under article 304 of the USA Swimming rules and regulations. Any violation of such policy will be reported to the Meet Referee and the New England Swimming office for further review and/or action.

**DRONES:** 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**SAFE SPORT:** The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. Any and all infractions must be reported to the Meet Referee or Meet Director to be resolved. USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Anne Kaufman: [nesafesport@gmail.com](mailto:nesafesport@gmail.com) (857-928-3638) or through the [USA-S online reportable form](#).

**ON DECK PHOTOGRAPHY:** As per New England Swimming policy, professional photographers contracted by the Newport County YMCA, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests

**AWARDS:** Heat prizes will be awarded to the first placed swimmer in each heat. The swimmers' cumulative times from each event in which they compete will be ranked, for a final scoring, at the conclusion of the 5th event in each respective age group. Trophies will be awarded to places 1-3, medals are awarded to places 4-6.

**SCORING:** The meet will not be scored

**FOOD:** A concession stand will be in operation for the duration of the meet

**VENDOR:** Beach Party Swimwear will be selling suits, goggles, and other accessories during the meet.

**MISCELLANEOUS:** New England Swimming and Newport County YMCA assume no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There is limited parking available in the parking lot adjacent to the Newport YMCA. Additional parking will be available in the business park behind the YMCA. PLEASE DO NOT PARK ALONG THE STREET IN FRONT OF THE YMCA. It is a NO-PARKING ZONE. -----You WILL receive a ticket or perhaps be towed. Please inform all of your parents.

#### **EVENTS:**

<u>EVENT#</u>	<u>Session 1: 9-12s</u>	<u>Qualification Times</u>
1-2	9-10 50 yard Butterfly	58.00
1-2	11-12 50 yard Butterfly	54.00
3-4	9-10 50 yard Backstroke	58.00
3-4	11-12 50 yard Backstroke	49.00
5-6	9-10 50 yard Breaststroke	58.00
5-6	11-12 50 yard Breaststroke	52.00
7-8	9-10 50 yard Freestyle	45.00
7-8	11-12 50 yard Freestyle	43.00
9-10	9-10 100 yard IM	2:05.00
11-12	11-12 200 yard IM	3:50.00

EVENT#	Session 2: 8 & Under and 13 & Over	Qualification Times
13-14	8&Under 25 yd Butterfly	40.00
15-16	13 & Over 100 yd Butterfly	1:40.00
17-18	8&Under 25 yd Backstroke	30.00
19-20	13 & Over 100 yd Backstroke	1:35.00
21-22	8&Under 25 yd Breaststroke	40.00
23-24	13 & Over 100 yd Breaststroke	1:40.00
25-26	8&Under 25 yd Freestyle	26.00
27-28	13 & Over 100 yd Freestyle	1:25.00
29-30	8&Under 100 yd IM	1:50.00
31-32	13-14 200 IM	3:40.00
33-34	15+ 200 IM	3:40.00

Newport County Wahoos  
**2020 Newport Pentathlon**  
 Newport YMCA, 792 Valley Rd, Middletown, RI 02842  
 1/26/2020

**CONTACT INFORMATION**

Team Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

Deck Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Entries Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

ENTRY FEES (*non-electronic add 5.00 per swimmer*)

\_\_\_\_\_ Swimmer Participation Fee: # athletes\_\_\_\_\_ @ \$ 20.00 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Make check payable to: Newport County Wahoos  
 Mail entries and check to:  
 Louis Arruda  
 41 Hawthorne Ave, Apt 3  
 Cranston, RI 02910

Entry Deadline: 1/20/20  
 For e-mailed entries, this form and payment  
 must be received by: 1/26/20

**LIABILITY RELEASE**

Any swimmer whose entry is accepted will, for him/herself, his/her heirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming, and Newport County YMCA for any and all injuries suffered by him/her at said meet. In submitting this entry the undersigned team certifies that all athletes in the entry are registered with YMCA Swimming.

\_\_\_\_\_  
 Signature of Authorized Team Official

\_\_\_\_\_  
 Date