



College Area Swim Team 14/U Pentathlon
October 4, 2025
Open To San Diego Imperial Swimming Teams ONLY



Sanction: SI-25-40 2024 SI CAST Pentathlon Meet Referee: Sean Redmond seanmary@aolcom	Sanction #: SI-25-40 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc. All participating athletes and clubs are registered with San Diego Swimming. No athletes will be allowed from another LSC. This meet has been sanctioned by San Diego Imperial Swimming and current USA Swimming rules and any relevant sections of the San Diego Imperial Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2025 or 2026 with USA Swimming by the meet entry deadline. San Diego Imperial Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
Meet Host:	College Area Swim Team
Meet Director:	Dave Kilmer, 619-997-7946, castcoachdave@gmail.com
Meet Administrator:	Jeanette Temple, 619-861-6734, jcct264@gmail.com
Meet Entries and Deadlines:	Email entries to: Jeanette Temple, 619-861-6734, jcct264@gmail.com The meet's entry deadline is by midnight Wednesday, September 24, 2025. Late entries may be accepted and charged double if accepted.
Mail Meet Fees To:	Make checks payable to: CAST Mail checks to: CAST, 6617 Hillgrove Drive, San Diego CA 92120
Entry Fees:	\$45 Per Swimmer
Deck Entries:	No Deck Entries allowed.
Safe Sport:	The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
MAAPP:	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. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS. <i>Violations of MAAPP can result in person(s) being asked to leave the facility immediately by the meet director or the meet referee. If this happens, person(s) will not be allowed to return through the rest of the meet.</i> The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.
APT for Athletes 17 years and	<u>Effective September 1, 2022, there will no longer be a 30-day administrative grace period.</u> ▪ All athletes age 18 and older must complete Athlete Protection Training in order to be a



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older:	USA Swimming registered member in good standing. Any athlete who turns 18 on or before October 4, 2025, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before October 4, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. ▪ A notification should be sent to any athletes flagged in the meet recon report notifying the athlete, of the need to complete the requirement(s) and that if the requirement(s) are not completed prior to the start of the meet that the athlete will be prohibited from participating. This notification should be copied to the athletes' club head coach.
Facility Safe Sport:	At this time swimmers, coaches, workers, officials, and parents may be allowed in the pool area. There may be designated area(s) for athletes, coaches, and meet personnel.
Venue:	Granite Hills High School 1719 Madison Ave El Cajon CA 92019 The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet, 6 inches at the start end and 5 feet, 6 inches at the turn end. Snack Bar will be available
Facility set-up and restriction:	There may be designated area(s) for athletes, coaches, and meet personnel.
Water Depth:	The pool has 12 working lanes with a warmup area available. The minimum water depth measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end.
Guidelines:	The competition: <i>This meet will be held using the most current State, County, Local, and Facility COVID guidelines that are in place on the day(s) of the event.</i>
USA Swimming Registration:	All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (2024) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All swimmers must be registered as athletes for 2025 or 2026 with USA Swimming by the meet entry deadline. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Format:	Flyover starts may be used. Teams will be assigned a session (if needed) after all the entries are received. Meet administration reserves the right to add or subtract session(s); or lanes used; based on entries. <i>The meet referee may change the event order and / or combine events to better meet the four-hour rule for 12&U (205.3.1.F). The meet ref will work with the meet admin and meet host to make changes and all changes will be communicated to the coaches by Monday prior to the meet. As needed a coaches' meeting will be held to review and finalize any changes.</i>
Clerk of Course (Check-in Procedures).	This meet will require each swimmer to check-in prior to the start of the meet. Check-in will close 30 minutes prior to the start of the meet. Swimmers and coaches are the only ones who can check-in; NO PARENTS WILL BE ALLOWED IN THE CHECK-IN AREA.



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	<u>No Show Penalty/ Once checked in for a prelim or timed final event, any swimmer who is a no show for that event will be barred from their next individual event and will not be allowed to swim that race (this carries over to the swimmers first Sunday event if the last Saturday event is missed)</u>
Meet Start Time:	9:00 am
Age Up Date:	The age of the swimmer will be the swimmers age on October 4, 2025
Restrictions:	Swimmers may enter all events for their age group. <u>This is a closed meet and is only open to SI swimmers and teams.</u>
Other Restrictions:	- There may be separate restroom facilities for athletes and coaches/ officials / spectators. - Shaving is not allowed anywhere in the facility. - Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue. - Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be always in a harness.
Swimmers with Disabilities	<i>CAST welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations Article 105 to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and / or registered service animals. Failure to provide advance notice may limit CAST ability to accommodate all requests.</i>
Qualifying Times:	8 & Under and age 9 swimmers must meet the minimum time standard for <u>all</u> events. Swimmers age 10 and older must meet the minimum time standard in at least 2 of the events, and enter at the minimum time for any non-qualifying events.
Cell phone restrictions:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms and behind the start area behind the blocks.
Drone Restrictions:	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) at any time athletes, coaches, officials and/or spectators are present.
Deck Changing:	<u>Deck changes are prohibited.</u> Teams are encouraged to bring and use the Safe Sport changing tent.
12 & under Tech Suit Restriction:	102.8.1.F SWIMWEAR (USA Swimming Rulebook) No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. (as of 9/1/2020).
Racing start Certification:	Any Athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must each race from within the water without the use of a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the athlete or athletes' legal guardian to ensure compliance with this requirement.
Officials:	Officials will be scheduled in advance with the minimum number of officials required set by the Officials Chair. All deck officials must be a member in good standing with USA Swimming and be able to show up-to-date credential.
Timers:	Two Parent Volunteers per lane will be assigned to work back up buttons and stop watches.



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Awards:	<u>AWARDS:</u> Trophies 1-8 are awarded based on cumulative Hy-tek power point totals over the 5 events. Swimmers must compete in all 5 events in order to be eligible for awards. (A DQ does not make them ineligible.)
USA Swimming Meet 360:	Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming Membership. ▪ During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. ▪ Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands. ▪ Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming. ▪ A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. ▪ Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. ▪ For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
Medical Assistance and Supervision	Law enforcement contact: 619-597-3311 Child Protective Services contact: 877-792-5437 or 619-551-2000 or 858-484-3154 Medical services (if other than 911) El Cajon Fire 619-441-1601 Address and phone number of facility: Granite Hills High School, 1719 E Madison Ave El Cajon CA 92019



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14 & Under Pentathlon

Warm-up 7:30 am		Saturday, October 4, 2025		Meet Starts 9:00 am	
Girls Event #	Min	Age	Dist./Stroke	Min	Boys Event #
1	55.60	8 & Under	50 Y FLY	56.40	2
3	41.80	9	50 Y FLY	41.60	4
5	41.79	10	50 Y FLY	40.49	6
7	33.89	11	50 Y FLY	34.19	8
9	33.89	12	50 Y FLY	34.19	10
11	1:10.89	13	100 Y FLY	1:06.09	12
13	1:10.89	14	100 Y FLY	1:06.09	14
15	57.80	8 & Under	50 Y BACK	56.30	16
17	44.30	9	50 Y BACK	44.20	18
19	41.89	10	50 Y BACK	42.29	20
21	35.39	11	50 Y BACK	34.99	22
23	35.39	12	50 Y BACK	34.99	24
25	1:11.19	13	100 Y BACK	1:06.39	26
27	1:11.19	14	100 Y BACK	1:06.39	28
29	1:02.80	8 & Under	50 Y BREAST	1:01.20	30
31	49.80	9	50 Y BREAST	49.80	32
33	47.49	10	50 Y BREAST	46.59	34
35	39.99	11	50 Y BREAST	39.49	36
37	39.99	12	50 Y BREAST	39.49	38
39	1:21.69	13	100 Y BREAST	1:15.49	40
41	1:21.69	14	100 Y BREAST	1:15.49	42
43	48.60	8 & Under	50 Y FREE	47.30	44
45	37.00	9	50 Y FREE	37.20	46
47	35.19	10	50 Y FREE	34.49	48
49	31.29	11	50 Y FREE	30.29	50
51	31.29	12	50 Y FREE	30.29	52
53	1:05.49	13	100 Y FREE	1:00.89	54
55	1:05.49	14	100 Y FREE	1:00.89	56
57	2:01.40	8 & Under	100 Y IM	1:58.20	58
59	1:34.40	9	100 Y IM	1:34.80	60
61	1:31.69	10	100 Y IM	1:28.89	62
63	1:18.09	11	100 Y IM	1:14.99	64
65	1:18.09	12	100 Y IM	1:14.99	66
67	2:37.59	13	200 Y IM	2:28.49	68
69	2:37.59	14	200 Y IM	2:28.49	70

Swimmers must meet the minimum time standard in at least 2 of the events,
and enter at the minimum time for any non-qualifying events.