

10th Annual Pentathlon
Presented by
Southeastern Aquatics
Racine Family YMCA Swim Team
November 8, 2020
WI LSC Approval # 2020-544A

- Meet Director:** Amy Bergman
262.705.6169
bergman_family@att.net
- Entries:** Neil Wright
262.994.3157
south.eastern.aquatics@gmail.com
- Location:** RecPlex Aqua Arena
9900 Terwall Terrace
Pleasant Prairie, WI 53158
- Eligibility:** Both USA Swimming and YMCA athletes may participate in the meet. USA Swimming deck registrations will not be accepted.
- 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. 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.
- Teams Attending:** GYD, J-HK, NBSC, OCSC, PX3, SEA
- Format of Meet:** This will be a Pentathlon Meet with all events run as a pre-seeded timed final.
- Facility:** Indoor, 25-yard pool with 10-lanes. 7' at the shallow end and 12' at the deep end. Starting blocks are 29.5". The Competition course has been certified in accordance with 104.2.2 C (4).
- Warm-ups:** AM Session: 8:00 am warm-ups with a meet start at 9:35 am
Estimated meet timeline will be available on the SEA website www.sea-y.org/pentathlon
- Wisconsin Swimming warm-up procedures will be in effect. Warm-up assignments/schedule will be posted on the meet landing page shortly after all entries are finalized.
- Timing System:** A fully automatic Colorado timing system with one manual back-up buttons and one back-up timer for each lane will be used. If the automatic system fails, a gun or horn start will be used.
- General Rules:** Official 2020 USA Swimming and WI LSC rules shall prevail at this meet. Age as of November 8, 2020. In granting this sanction it is understood and agreed that USA Swimming and Wisconsin Swimming, Inc., shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

- Entry Deadline:** Entry deadline is November 2, 2020 (will include entry file and PDF of entries). Please forward waivers and payment on the day of the meet (or mail prior if you prefer) to:
Neil Wright
3210 96th Street
Sturtevant, WI 53177
- Entry Fees:** \$40.00 per athlete (covers all events, \$4.00 WI LSC Splash Fee, and \$3.00 RecPlex user fee). Checks payable to “SEA.”
- Entry Limit:** Participation is limited to a maximum of five (5) individual events.
- Disabled Swimmers:** Coaches are encouraged to inform Officials and the Meet Director of any disabled swimmer’s needs prior to warm-ups.
- MAAPP:** All applicable adults participating or associated with respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand the compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age (+30 day grace period) who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.
- Deck Entries:** Currently not allowed per USA Swimming rules.
- Format:** Individual events will be swum as combined as Senior, 12&U, and 8&U events. Please note: Heats/events may be combined due to time constraints. Breaks may be added at the discretion of the entry chair.
- Coaches:** Coaches may pick-up heat sheets and pay any remaining balance for entry fees/submit waivers at the Scoring/Records Table. Please be prepared to show your USA coach’s card or deck pass credentials at this time.
- Awards:** No awards at this event.
- Heat Sheets:** Available for free on the meet landing page, www.sea-y.org/pentathlon.
- Admissions:** Spectators not allowed at this event.
- Food:** Will not be offered at this event.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
 - Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

- Flash photography and photography from behind the starting blocks are prohibited at the start of each race.
- Operation of a drone, or any other flying apparatus, is prohibited over the competition venue. This includes pools, athlete/coach areas, spectator areas and open ceiling locker rooms anytime athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior approval by the Program Operations Vice Chair. 103.13M/Drones.

First Aid: Report injuries to the Lifeguard and Meet Director. First aid kit is located at the Lifeguard stand.

Lost & Found: An area for lost and found will be designated at the meet. After the meet, lost and found items will be donated to charity.

Meet Results: Results will be posted on the meet landing page, www.sea-y.org/pentathlon

Officials:
 Meet Official
 Jose Arteaga, joseharteaga@gmail.com
 Admin Official
 Pat Lewno plewno@gmail.com

Covid Guidelines: These guidelines are for an approved swim meet using semi-automatic timing competing in ten of the 20 available competition lanes and manual back-up timing using ten of the ten available competition lanes. The competition pool is a 2x10 lane 25-yard indoor pool.

Pool Capacity: Current municipal limit is 25% capacity (or 300 swimmer meet cap). If projected number of participants, coaches, officials, and workers is close to these number entries will stop being accepted. There is ample deck space to maintain 6-foot distancing with a few exceptions noted below. Face masks are required when social distancing is not possible.

Health Monitoring: It is expected that all swimmers, coaches, officials, and volunteers are Covid symptom free and without known contact with someone with Covid symptoms or diagnosis within the last two weeks. All swimmers, coaches and volunteers entering facility will be screened. All persons admitted to the pool deck must check their temperature before coming to the facility. Anyone over 100.4 degrees may not enter the facility.

Entry and Exit: Athletes, coaches, officials and volunteers will enter the pool through the Aqua Arena Entrance of the RecPlex. Swimmers will then travel onto the deck by walking through the locker rooms. Coaches, officials and volunteers must check in at the table in front of the aqua desk with credentials and/or volunteer confirmation. A meet marshal shall be placed at the Aqua Desk to ensure that only athletes, coaches, officials and volunteers are allowed past the aqua desk.

Locker rooms: Locker rooms will be available for swimmers to use, but limited to two swimmers at one time. Showers and changing are not allowed at this time. Swim bags shall be placed in the designated swimmer rest areas. Bathrooms will be cleaned regularly per RecPlex facilities safety plan.

Spectators: Spectators are not allowed inside the facility. Spectators are encouraged to practice social distancing and/or wear masks when social distancing is not possible. Spectators will have access to the lobby restrooms right inside the aqua arena facility entrance. Those traveling to the meet with athletes may be set up outside of the Aqua Arena around the circle driveway during the meet. No one may set up anything that blocks the circle drive or the walking path. Masks required when coming into use the restrooms. The meet will be live streamed and those wishing to watch are encouraged to do so in a socially distant manner.

Warm-up: Warm-up will be limited to four swimmers per lane, which is the current facility limit for practice. Social distancing will be enforced by marshals and coaches. Lane one will remain vacant. A marshal will be assigned to manage the warm-up lanes. Swimmers may be limited to the amount of warm-up/down time at the discretion of the meet referee. Warm up lanes and times will be assigned and sent out prior to the start of each session.

Starts: Finishing swimmers will swim back down the lane to the opposite end and exit at the bulkhead and follow the marked exit route away from the competition area.

Deck set-up: Deck marking, and signage will be posted throughout the facility to help attendees maintain 6-foot spacing throughout the meet. Hand sanitizing stations and disposable face mask will be available upon entry and on the deck. Face masks will be \$1.00. Teams are encouraged to provide masks to swimmers who come unprepared.

Clerk of Course Line: Clerk of Course will be located outside of the shark room at a table clearly marked Clerk of Course. Markers will help to show six-foot distances from the table.

Swimmer Rest Area: Swimmers will have established rest areas. Areas will be marked off indoors on the far end of the pool, in the aquatic mezzanine or in the waterpark area. There will be marked aisles to facilitate movement to and from the rest area. Swimmers may leave the facility to be with their families throughout the meet as well.

Coaching Area: A deck coaching area will be established along Lane one and Lane ten of both the warm-up and competition pool. This area will be for coaches and athletes to be able to safely discuss races and also for coaches to actively coach throughout the event. Coaches and athletes will station themselves in a position to speak with each other six-feet apart whenever possible. Coaches will wear masks at all times. Swimmers will wear mask when not about to warm-up/cool down or compete.

Behind the Blocks/Heat Prep Areas: There will be markers behind the blocks to mark the position for the swimmer and for timers. Along lane one of the pool will be multiple check points for athletes to be lined up and given a safe area to remove personal items and their mask before racing. An aisle will be marked for the movement of runners and other meet workers behind the blocks.

Volunteers and Officials: The following workers would be inside the fenced-in area of the facility. All officials, coaches and volunteers will wear masks.

Deck Officials: Stationed per the meet referee's instruction. Wisconsin Officials Rules will be followed. Officials will wear a mask.

Administrative Official: Stationed in Shark Room. Mask Required.

1-2 Runners: Delivering timer sheets and DQ notification to the AO and computer operator. Mask required.

Ten back-up lane timers: One timer per lane. Mask required. When on starting end (100s and up) timers will be placed a minimum of six-feet behind the lane for the start of each race and move to pool edge after the racing swimmer has entered the pool to race and on the last 50-yard swim before the finish. When the race ends, timers will move back to the mark that is a minimum of six-feet behind lane to allow the swimmer in the next heat to walk up behind the blocks.

Two Head Timers: Positioned behind finishing end. Start watch on every race to provide back-up if needed. Mask required.

Up to five Clerk of Course Workers: Number depends on size of meet and age of competitors. Duties are to direct swimmers to marks in clerk of course line and signal swimmers to move to next mark when appropriate. Mask required.

Up to eight meet marshals: Number depends on size of meet and age of participants. Duties are to enforce social distancing during warm-up and throughout the meet and monitor entry to the facility. Mask required.

Two Event Video Operators: Manages display of current event number and heat that is being broadcast out for the meet to be scene live. Mask required.

One Announcer: Stationed in the Arena Mez with view of pool along lane one. Additional duty to help encourage and promote social distancing. Mask required.

One Timing system Operator: Stationed in the Mez with view of the finishing end. Mask required.

One to two Computer Operators: Stationed in the Mez if needed or in the Shark Room with a view of finishing end in direct communication with the timing system operator. Mask required.

Meet Technical Specialist: Ensures continued proper operation of timing system, computer system and other equipment throughout the meet. Mask required.

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Event Order

Girls	Event Description	Boys
1	8&U 25 Fly	2
3	12&U 50 Fly	4
5	Senior 100 Fly	6
7	8&U 25 Back	8
9	12&U 50 Back	10
11	Senior 100 Back	12
13	8&U 25 Breast	14
15	12&U 50 Breast	16
17	Senior 100 Breast	18
19	8&U 25 Free	20
21	12&U 50 Free	22
23	Senior 100 Free	24
25	8&U 100 IM	26
27	12&U 100 IM	28
29	Senior 200 IM	30

Waiver & Summary Entry Form
(Entries will not be accepted without waiver form)

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Southeastern Aquatics Racine Family YMCA Swim Team, Racine Family YMCA, RecPlex, WI Swimming, USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

1. Email completed waiver and entry file to the entry chair.

Team name: _____ Code: _____

Signature of Club Official, Parent, or Guardian

Name: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Entry Fee Recap:

Number of Swimmers Entered in Meet _____ X \$40.00 each = \$ _____

Make Checks Payable to: "SEA" Your Check Number Is _____ Total Entry Fee = \$ _____

Name of coaches representing your team at meet:

Name: _____ Phone _____

Name: _____ Phone _____

Name: _____ Phone _____

Contact information for team entry person (in case of entry problem):

Name: _____ Phone _____ E-mail _____

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RecPlex& WI LSC Liability Release Waiver / COVID-19 Disclaimer / Photo Release

Release and Hold Harmless Agreement

As a participant in the program of the RecPlex, owned and operated by the Village of Pleasant Prairie, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages, or losses, which I may sustain as a result of participating in all activities connected with or associated with such program. I agree to relieve and relinquish all claims: I have as a result of participating in the program, against the Village of Pleasant Prairie and its officers, agents, and employees. I do hereby fully release and discharge the Village of Pleasant Prairie and its officers, agents, and employees from any and all claims from injuries, damages, or losses, which I may have or may accrue to me on an account of my negligence during participation in the program. I agree to indemnify and hold harmless and defend the Village of Pleasant Prairie and its officers, agents, and employees from all claims result from injuries, damages, and losses sustained during and arising out of the activities of the program.

Coronavirus / COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact and air particles. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in RecPlex programs or accessing RecPlex/Village of Pleasant Prairie facilities could increase the risk of contracting COVID-19. RecPlex in no way warrants that COVID-19 infection will not occur through participation in RecPlex programs or accessing RecPlex facilities. As a condition of my participation or my child's participation in the RecPlex programs, I accept any risk of infection from COVID-19. I specifically release and hold harmless the Village of Pleasant Prairie RecPlex from any losses, damages, or personal injury to myself, my child, or my household from participation in any RecPlex programming.

Photo Release

RecPlex reserves the right to take photography and video throughout the inside and outside of the facility to use for, but not limited to: promotional materials, social media, and advertising efforts. This includes the use of Zoom.

I have read and understand the Release and Hold Harmless Agreement and the COVID-19 Warning and Disclaimer. I understand that my signature is required to take part in RecPlex programs. If the participant is under the age of 18, a parent or guardian signature is required.

Athlete's Name(s)

Signature of Athlete's Guardian / Athlete over the age of 18