

2022 Piranha Pentathlon

Sunday, October 23, 2022

Hosted by Princeton Piranhas Swim Team

Held under the sanction of USA Swimming

<u>Meet Sanction Info:</u>	NJ Swimming Sanction #- NJS-TF-102322SCY Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. 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.		
<u>Date of Meet:</u>	Sunday, October 23, 2022 (DATE CHANGE)		
<u>Location:</u>	Princeton Middle School Pool 217 Walnut Lane, Princeton, NJ 08540 Tel: 609-806-4310 (Day of meet only) The pool is located on the Princeton Middle School campus. The pool entrance and parking lot are on Guyot Lane. If you are parking on the street, please do not block driveways or you will be towed.		
<u>Facility Info:</u>	The Princeton Middle School Pool is an eight-lane, 25 yard, single course pool with Colorado timing system and full display board. The depth of the water at the starting blocks is 8' - 0" and the depth at the turn end is 4'-0". Absolutely NO Chairs allowed in the facility.		
<u>Pool Certification Statement:</u>	The competition course has not been certified in accordance with 104.2.2C(4). This rule requires that pools where World and National records are established need to be certified as to their compliance with pool length requirements of that rule. Times from this meet will be included in SWIMS so long as the swim is one of the standard events recognized by USA Swimming.		
Host Team Contact:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Director:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Meet Referee:	Robin Meirs		MeirsFamily@yahoo.com
Administration Official:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Safety Marshall:	Julie Meirs	609-371-2065	teamswimppst@gmail.com
Entry Coordinator:	Kip Hein	609-371-2065	kheinswimppst@gmail.com
Entries Open:	September 30, 2022 at 6 am		
Entry Deadline:	October 6, 2022		
Swimmer Age:	Age for this meet is calculated as of October 23 2022		
Entry Fees:	\$30.00 per swimmer Swimmer surcharge \$10.00 / swimmer		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• This is a pentathlon meet and entered swimmers are expected to swim in all 5 events in their age group. Swimmers who do not swim all 5 events will not qualify for overall Pentathlon awards.• The 15 & Over and 13-14 events will be swum in the morning session and the 11-12, 9-10 and 8 & under events will be swum in the afternoon session.• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks.		
Entry Limits:	Swimmers are expected to enter all 5 events		
Checks Payable To:	Princeton Piranhas Swim Team		
Email Entry Files To:	kheinswimppst@gmail.com		
Mail Checks/Reports	Princeton Piranhas Swim Team 48 Sharon Station Rd. Allentown, NJ 08501		

Order of Events

Sunday Morning Session

Event #	Event Name	Event #
1	15 & Over 100 Freestyle	2
3	13-14 100 Freestyle	4
5	15 & Over 100 Breaststroke	6
7	13-14 100 Breaststroke	8
9	15 & Over 100 Backstroke	10
11	13-14 100 Backstroke	12
13	15 & Over 100 Butterfly	14
15	13-14 100 Butterfly	16
17	15 & Over 200 IM	18
19	13-14 200 IM	20

Sunday Afternoon Session

Event #	Event Name	Event #
21	8 & Under 25 Freestyle	22
23	9-10 50 Freestyle	24
25	11-12 50 Freestyle	26
27	8 & Under 25 Breaststroke	28
29	9-10 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	8 & Under 25 Backstroke	34
35	9-10 50 Backstroke	36
37	11-12 50 Backstroke	38
39	8 & Under 25 Butterfly	40
41	9-10 50 Butterfly	42
43	11-12 50 Butterfly	44
45	8 & Under 100 IM	46
47	9-10 100 IM	48
49	11-12 100 IM	50

Meet Schedule:

The building will open at 7:15 am.

This meet will have two sessions on Sunday ONLY

Session Schedule:		Warm-up	Start
Sunday AM Session 1	All 15 & over & 13-14 events Check-in by 8:00 AM	7:30 am	8:35 am
Sunday PM Session 2	All 11-12, 9-10 and 8& under events Check in TBA	1:00 pm Approx.	2:15pm Approx.

Scoring:	<ul style="list-style-type: none"> • There will be No team scoring. • There will be individual scoring.
Awards:	<ul style="list-style-type: none"> • Awards will be done by totaling each swimmer's times from all 5 events to net an overall time within their age group. • Any swimmer who is disqualified from any event will not be eligible for overall pentathlon awards. • Awards will be given in the 8 & under, 9-10 and 11-12 events only. • Ribbons will be awarded for 1st through 12th place for individual events. • Rosettes will be given for the top 6 pentathlon finishers.
Starts:	Overhead starts will be used.
Admissions and Programs:	<ul style="list-style-type: none"> • No Admission • Heat Sheets (and Results) will be available on Meet Mobile
Concessions:	Will not be available
Vendor:	A swim vendor will not be in attendance.
Spectator Considerations:	<ul style="list-style-type: none"> • As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators. • Spectators will be allowed into the facility.
Locker Rooms:	<p>Parents, Coaches, and Officials are NOT permitted in the athlete locker rooms, located Upstairs, at any time.</p> <p>Restrooms located in the lower hallway area are for non-athletes, including Coaches & Officials ONLY! Please make sure that you are only using the facility marked for you.</p>
Entry Information:	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis until sessions are filled. (Max session competition time is 4 hours.) • It is not necessary to overnight or express mail your hard copy and check which are sent in support of an e-mailed entry. <ul style="list-style-type: none"> ▪ The host club reserves the right to scratch any or all entries for swimmers/teams that have not submitted the required forms and entry fee payment by the start of the meet.
Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. • All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation. All Unattached swimmers must be listed on the team's official waiver entry form. • This meet is open to Teams from outside the LSC • No time standards will be used for this meet. • New Jersey Swimming Pentathlon rule allows swimmers to compete in 5 individual events for this meet. <p>All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.</p>
Adaptive Provisions:	<p>USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>

<p>Host Club Responsibilities:</p>	<ul style="list-style-type: none"> • The host club will provide 1 timer for each lane during the Saturday sessions. • The host club will e-mail all club entries back to the participating clubs that are received via email. • The host club will create a warm-up schedule that will be fair and equal to all teams. This warm-up schedule will be e-mailed to all participating clubs and posted on the website: www.njswim.org no later than 1 week before the meet. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. These timing assignments will be emailed to all participating clubs and posted on the website: www.njswim.org no later than 1 week before the meet.
<p>Participating Club Responsibilities:</p>	<ul style="list-style-type: none"> • Participating clubs must help with timing. Timing assignments will be emailed to participating clubs and posted on the New Jersey Swimming website: www.njswim.org 1 week prior to the meet. • Participating club parents must stay off the pool deck except for entering seating area or while timing. • Participating clubs should help with officiating whenever possible. List the club contact for your clubs officials on the meet summary.
<p>Officials Conduct & Eligibility:</p>	<p>This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</p> <p>Make sure all interactions with athletes are observable and interruptible.</p> <p>Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</p> <p>Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</p> <p>All officials must wear the standard white and blue uniform.</p> <p>Officials will be required to work the entire session.</p>
<p>Coaches Conduct & Eligibility:</p>	<p>This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0).</p> <p>Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</p> <p>As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.</p> <p>All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership card or Coaches Pass available thru the USA swimming Deck Pass App.</p> <p>Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. All Coaches must have some form of USA coaching credential verification with them at all times.</p>
<p>Meet Format Waiver:</p>	<ul style="list-style-type: none"> • This meet will be run in accordance with current USA Swimming Rules. <p>The host club has the right to change the format of the meet with the approval of the sanctioning Chairman and either the Age Group or Senior Chairman. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits. • To condense the meet into smaller time frame. <p>Some of the changes that can be made: 1) change estimated start times, 2) combine sessions and 3) limit the number of swimmers.</p>
<p>Warm-up Procedures:</p>	<p>New Jersey Swimming Warm-up and Safety Guidelines:</p> <ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-

	<p>ups will include general warm-up lanes, sprint lanes, and pace lanes.</p> <ul style="list-style-type: none"> • All swimmers are entitled to a fair and comparable warm-up. All teams MUST get the same opportunities for general warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool from the starting end of the pool. • Uniformed and designated meet marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction. • The warm-up sessions will be divided by teams. There will be designated sprint lanes the last 5 minutes of each warm-up session. • Warm-up schedules will be e-mailed and posted on the website 1 week prior to the start of the meet.
Check-In:	All check-in sheets must be turned into the control table 30 minutes before the start of each session. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a “SCR” next to the circle. Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
No Show Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer’s maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.
Internet Website Posting:	Meet information, Hy-Tek .HYV Event file and results will be posted on the New Jersey Swimming website. www.njswim.org
Results:	<ul style="list-style-type: none"> • Results will be emailed to all participating teams. • Result will be posted on the New Jersey website: www.njswim.org
USA-S Racing Start Certification Statement:	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.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks
USA-S Deck Change Policy Statement:	Deck Changes are prohibited.
Minor Athlete Abuse Prevention Policy (“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 2.0”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
USA-S Drone Policy Statement:	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.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules:</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers. “Tech Suits” are defined, as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the NJ Swimming Website; www.njswim.org • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (e.g., kinesio tape) on any part of the body • Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for Sectional and National level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.

<p>Hotel:</p>	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way, 1-609-520-1200 • Staybridge Suites, 4375 Route1, 1-609-951-0009 • Residence Inn by Marriott, 4225 Route 1, 1-732-329-9600 • Princeton Courtyard by Marriott, Route 1 and Mapleton Road, 1-609-716-9100
<p>Directions:</p>	<p>From Route 1 south: Taking Rt. 1 towards Princeton to Alexander Rd exit. Turn left and follow Alexander Rd. to the third traffic light and turn Right onto Faulty Rd. Take Faculty Rd. to the second light and turn left onto Harrison Street. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p>From Route 1 north: Taking Harrison street up into Princeton. You will be on the north side of town. Continue on Harrison past Nassau street. Once you cross Nassau turn left at the second light onto Franklin Ave. Take the next right onto Ewing Str. Proceed down Ewing Str. to Guyot Ave., and turn right. Park in the first parking lot on your right. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p> <p>From 206 north: Take Rt. 206 south towards Princeton. As you come down the mountain into Princeton you will turn left and follow the signs for Valley Rd. Once you are on Valley Rd. proceed down Valley Rd. and turn right onto Walnut Lane. Proceed down Walnut Ln. and turn left onto Guyot Ave. Park in the first parking lot on your left. The parking lot is directly across from the pool. Follow the side walk to the right of the pool and enter the main set of doors.</p>



NEW JERSEY
SWIMMING

Piranha Pentathlon

Sunday, October 23, 2022

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Princeton Regional School District, Princeton Piranhas Swim Team and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the **2022 Piranha Pentathlon** meet on **October 23, 2022**, are registered members of USA Swimming. All USA Swimming members are correctly entered according to; **Article 302.4 of the USA Swimming Rules and Regulations. False Registration:** An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Covid-19 Waiver

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., New Jersey Swimming, and Princeton Piranhas Swim Team, 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 [THE LSC] 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 THEREWITH.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.

**Information below must be submitted to the club
hosting the meet before the start of the meet
along with payment.**

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

ENTRY FEE SUMMARY

_____	Total # of Swimmers @ \$30.00 =	\$_____
_____	Swimmer surcharge @ \$10.00 =	\$_____
	Total:	\$_____

MAKE CHECKS PAYABLE TO: *Princeton Piranhas Swim Team*