



## **Pride Swimming Pentathlon Meet**

Boys and Girls Club of Greater Nashua  
1 Positive Place, Nashua NH 03060  
Sunday, October 30, 2016

**Entry Chairperson: Michele Turcotte: [michelet@charter.net](mailto:michelet@charter.net) (978)-621-5641**

**MEET FORMAT:** The meet will be swum as timed finals. The meet will be seeded by computer based on positive check-in at the beginning of the meet. Coaches will receive a positive check-in sheet before the meet 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 computer desk.

**SITE:** The Boys and Girls Club of Greater Nashua is located just off exit 5 from the Daniel Webster Highway (Rte. 3) in Nashua, NH. The Competition Pool is a 5-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. The pool is located inside the Boys and Girls Club of Greater Nashua, 1 Positive Place, Nashua NH 03060. Please enter through the main entrance. Directions may be found later in this document. The competition course has not been certified in accordance with 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.

**EVENTS:** See attached list.

### **ENTRY INFORMATION:**

First date of entry acceptance: October 1, 2016 (any entry received before this date will be considered received on October 1, 2016)

Final date of entry acceptance: October 21, 2016.

Make checks payable to "BGCGN – Pride Swimming".

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

Michele Turcotte

14 Elliott Street

Pepperell, MA 01463

Payment due date for all entries: October 28, 2016. 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.

### **ENTRY FEES:**

\$10.00 per swimmer

Non-electronic entries: \$12.00 per swimmer

**ENTRY LIMITATIONS:** If entry limitations are necessary cuts will be made by date of entry receipt. There will be no refunds for accepted entries unless meet is oversubscribed. There will be NO deck entries on the day of the meet.

**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 [michelet@charter.net](mailto:michelet@charter.net). 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: October 28, 2016

**ENTRY LIMITS:** Athletes may enter and swim in a maximum of 5 events.

**ENTRY TIMES:** All entries must be specified in short-course yard (25-yard pool) times. Meter times must be converted to yard times. (Coach's times should be used instead of NT's)

**ADMISSION:** No Charge

**PROGRAMS:** \$3.00 (Heat Sheets)

**MEET MOBILE:** Meet Mobile will be not be functional for this meet.

**WARM-UPS:** The pool will open for warm-ups at 7:00 AM. The pool will close five minutes before the beginning of the meet. Teams will be assigned warm-up lanes after all entries are received.

**OFFICIALS:** If you know that you will be attending this meet, please email [michelet@charter.net](mailto:michelet@charter.net) and let her know your level of certification, team, and time 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 meeting will be held 30 minutes prior to the meet start.

**SAFETY:**

1. 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
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. 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.
5. 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.
6. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**RULES:** Current USA Swimming rules 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.

**PHOTOGRAPHY/ PHOTOGRAPHERS ON DECK:** As per New England Swimming policy, professional photographers contracted by Pride Swimming 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

**SCORING:** The meet will be scored.

**AWARDS:** Trophies will be awarded for the top three finishers in each age group. Medals will be awarded for 4<sup>th</sup> and 5<sup>th</sup> place. To be eligible for an award, the swimmer must swim all 5 events in their age group. Heat ribbons will be awarded. Team trophies to top three teams based on total score for meet.

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

**EQUIPMENT VENDOR:** No equipment vendor will be available for this meet although we may have goggles, and other accessories available for sale for the duration of the meet.

**MISCELLANEOUS:** Pride Swimming assumes no responsibility for lost or stolen property. Pets of any kind and smoking are not permitted within the facility.

**PARKING:** There is ample parking available in the parking lot adjacent to the Boys and Girls Club of Greater Nashua.

**DIRECTIONS:** From the Boston area, take Rt. 1-95 to Rt.3N, toward Lowell-Nashua. Once in New Hampshire Rt.3 becomes the Everett Turnpike. Take Exit 5 follow to the sign for exit 5A Simon Street. (There are 3 exits for Exit 5, you will take the third one). Proceed to the first stop sign and continue across Simon Street. Continue until you pass Ledge Street School on your left, you will see a baseball field on your left, take your next left on to N Seventh Street, then take the next left on to Grand Avenue.

From the Manchester area take exit 5 E off the Everett Turnpike. At the end of the exit ramp bear right and cross over the bridge crossing Rte 3. Take your very first right the entrance ramp to Rte.3N. Follow the ramp onto Exit 5 and follow to the Simon Street Exit 5A. Proceed to the first stop sign and continue across Simon Street. Continue until you pass Ledge Street School on your left, then a baseball field, also on your left, take your next left on to N Seventh Street, then take the next left on to Grand Avenue.

Pride Pentathlon  
SCHEDULED EVENTS:

GIRLS	EVENT NAME	BOYS
1	8 and under 25-yard Butterfly	2
3	9-10 50-yard Butterfly	4
5	11-12 50-yard Butterfly	6
7	13-14 50-yard Butterfly	8
9	15 and up 50-yard Butterfly	10
11	8 and under 25-yard Backstroke	12
13	9-10 50-yard Backstroke	14
15	11-12 50-yard Backstroke	16
17	13-14 50-yard Backstroke	18
19	15 and up 50-yard Backstroke	20
21	8 and under 25-yard Breaststroke	22
23	9-10 50-yard Breaststroke	24
25	11-12 50-yard Breaststroke	26
27	13-14 50-yard Breaststroke	28
29	15 and up 50-yard Breaststroke	30
31	8 and under 25-yard Freestyle	32
33	9-10 50-yard Freestyle	34
35	11-12 50-yard Freestyle	36
37	13-14 50-yard Freestyle	38
39	15 and up 50-yard Freestyle	40
41	8 and under 100 yard IM	42
43	9-10 100 yard IM	44
45	11-12 100 yard IM	46
47	13-14 100 yard IM	48
49	15 and up 100 yard IM	50

# Pride Swimming Pentathlon Meet

Boys and Girls Club of Greater Nashua  
1 Positive Place, Nashua NH 03060  
Sunday, October 30, 2016

## CONTACT INFORMATION *(all fields required)*

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

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

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

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

Unattached Swimmers: \_\_\_\_\_

## ENTRY FEES (non-electronic add .50 per entry)

\_\_\_\_\_ Swimmer Participation Fee: # athletes \_\_\_\_\_ @ \$10.00 = \$ \_\_\_\_\_

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

Make check payable to: BGCGN – Pride Swimming  
Mail entries and check to:  
Michele Turcotte  
14 Elliott Street  
Pepperell, MA 01463  
Phone: 978-621-5641

Entry Deadline: 10/21/2016  
For e-mailed entries, this form and payment  
must be received by: 10/28/2016

## 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 the Boys and Girls Club of Greater Nashua and Pride Swimming for any and all injuries suffered by him/her at said meet.

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

\_\_\_\_\_  
Date