

**COLUMBIA RIVER SWIM TEAM BOOSTER  
2009 BIG WAVE DECATHLON-PENTATHLON  
MAY 30-31, 2009**

*Held under the sanction of USA Swimming, Inc.*

**Sanction No:** Meet Sanction #: 9-45 12-UN / 9-46 Open

**Meet Referee:** Stan Benson (541) 386-6733

**Sponsor:** Columbia River Swim Team Boosters  
P.O. Box 872066  
Vancouver, WA 98687-2066

Website: <http://www.eteamz.com/crstwaveriders/>

**Location:** Mt. Hood Community College Aquatic Center  
26000 SE Stark Street  
Gresham, Oregon 97030  
Pool Phone: 503-491-7243

**Eligibility:** This meet is open to all swimmers who are currently registered with USA Swimming or registered with a USA Swimming recognized foreign federation. **No on-deck registration will be permitted.** All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the meet referee prior to warm-ups to be assigned one.

**Meet Limit:** Session A: First 200 entrants (Swimmers age 12 and under)  
Session B: First 250 entrants (OPEN)  
Session C: First 350 entrants (OPEN)

**Entry Deadline:** Mailed entries must be postmarked by May 19, 2009 and mailed to the following address:  
Columbia River Swim Team  
P.O. Box 872066  
Vancouver, WA 98687-2066

Courier delivered packages must be marked: "NO SIGNATURE REQUIRED" and delivered to the following address by May 21, 2009:  
CRST Meet Director  
19911 SE 5<sup>th</sup> Way  
Camas, WA 98607  
(360)834-3425

**DO NOT LEAVE ENTRIES AT THE POOL.**

Late entries will be considered on a case by case basis at the discretion of the meet referee.

**Entry Limit:** Swimmers may swim in one session per day and maximum of five (5) events per session.

**Entry Fees:** \$7.00 (\$3.00 Oregon Swimming Surcharge per swimmer and \$4.00 Facility Fee)  
\$2.00 Individual Event Fee  
**FEES MUST ACCOMPANY MEET ENTRY FORM.** Make checks payable to: **CRST Decathlon.**

**Entries:**

1. Submit long course meter times for seeding.
2. Swimmers' ages as of 5/30/2009 and USA Swimming registration numbers must be included.
3. HY-TEK Meet Management Software will be used. If you have HY-TEK, please submit entries on disk with signed meet entry form (2 pages) and the appropriate payment.
4. All handwritten entries must be legible or are subject to not being entered into the meet.

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- Check-In:** Session A will be pre-seeded. All events in Session B & C will be deck-seeded, requiring positive check-in by swimmer/coach at the clerk of course beginning 10 minutes prior to warm-ups and no later than 30 minutes before the start of the session. Swimmers must be within the listed age brackets as of 5/30/2009.
- Facility:** Outdoor pool 50 meter pool with 8 lanes, 2.5 meters per lane. Depth varies from 16 feet to 6.0 feet deep. Parking available and seating for 1,500 spectators. Swim venue includes the outdoor pool area and bleachers. Subject to facility schedule, the indoor 25-yard pool may be available for warm-up and warm-down. Open pool deck areas will be available only for swimmers, coaches, and officials. Meter pool features electronic timing and matrix scoreboard. Facilities are accessible for swimmers with disabilities and they are encouraged to participate.
- Restrictions:** Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. Shaving is not permitted in the facility. **Only coaches, swimmers, and work volunteers will be permitted on the deck.**
- Rules & Format:** Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet. Current Oregon Swimming safety guidelines and warm-up procedures will be strictly enforced. All sessions will be timed finals.
- Scoring:** The 10-UN swimmers may compete in a Pentathlon, swimming five events in Session A only. Swimmers 11 years of age and older may compete in a Decathlon, competing in ten events in two separate sessions. Points will be awarded to the top 8 places in each event as follows: 1st-10pts, 2<sup>nd</sup>-7pts, 3<sup>rd</sup>-6pts, 4<sup>th</sup>-5pts, 5<sup>th</sup>-4pts, 6<sup>th</sup>-3pts, 7<sup>th</sup>-2pts, 8<sup>th</sup>-1pt.
- Awards:** The swimmer must compete, but not necessarily score, in five events for the Pentathlon and ten events for the Decathlon to receive an award. The top five finishers in each age for girls and boys (10-UN, 11-12, 13-14 and 15-UP) will receive a Big Wave T-Shirt and the top score of each group will also receive a Big Wave Sweatshirt. Both girl and boy swimmers in the 10-UN age group that place sixth, seventh or eighth will receive ribbons.
- Timers:** Each team will be given timing assignments. Please encourage timers to report to the head timing area prior to the start of the meet.
- Meet Director:** Daniel McElligott                      509-793-6676                      dgmcelligott@msn.com
- Schedule:**
- | <b>Session A (12-UN only)<br/>(Saturday – May 30)</b> |           | <b>Session B (OPEN)<br/>(Saturday – May 30)</b> |                          |
|---|-----------|---|--------------------------|
| Warm-ups  | 7:30 a.m. | Warm-ups (1 hour) immediately after Session A   |                          |
| Timed Finals  | 8:30 a.m. | Timed Finals                                    | No sooner than 1:00 p.m. |
| Officials' Meeting                                    | 7:45 a.m. | Officials' Meeting                              | 45 minutes before Finals |
| Coaches' Meeting                                      | 8:15 a.m. | Coaches' Meeting                                | 20 minutes before Finals |
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- | <b>Session C OPEN<br/>(Sunday – May 31)</b> |           |
|---|-----------|
| Warm-ups                                    | 8:00 a.m. |
| Timed Finals                                | 9:00 a.m. |
| Officials' Meeting                          | 8:15 a.m. |
| Coaches' Meeting                            | 8:40 a.m. |

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**Event List – By Session & Event Number**

**May 30, 2009 \* Saturday \* Session A  
Pre-Seeded**

<b>Event # Girls</b>	<b>Event Name</b>	<b>Event # Boys</b>
1	50 Freestyle, 10-UN	2
3	50 Freestyle, 11-12	4
5	50 Breaststroke, 10-UN	6
7	50 Breaststroke, 11-12	8
9	50 Backstroke, 10-UN	10
11	50 Backstroke, 11-12	12
13	50 Butterfly, 10-UN	14
15	50 Butterfly, 11-12	16
17	100 Freestyle, 10-UN	18
19	100 Freestyle, 11-12	20

**May 30, 2009 \* Saturday \* Session B  
Check-in Deadline 30 minutes before first event**

<b>Event # Girls</b>	<b>Event Name</b>	<b>Event # Boys</b>
21	200 Breaststroke, OPEN	22
23	100 Freestyle, OPEN	24
25	200 Butterfly, OPEN	26
27	50 Freestyle, OPEN	28
29	200 Backstroke, OPEN	30
31	400 IM, OPEN	32

**May 31, 2009 \* Sunday \* Session C  
Check-in Deadline 30 minutes before first event**

<b>Event # Girls</b>	<b>Event Name</b>	<b>Event # Boys</b>
33	200 IM, OPEN	34
35	100 Breaststroke, OPEN	36
37	100 Backstroke, OPEN	38
39	200 Freestyle, OPEN	40
41	100 Butterfly, OPEN	42
43	400 Freestyle, OPEN	44



