

CVSC Icebreakers Pentathlon
Sunday, January 15
Goodyear Pool at Norwich University
Information for Participating Teams and Families

We are excited for Sunday's Icebreaker Pentathlon at Norwich University on Sunday.

Swimmers should check in with their coaches when they arrive at the pool.

Scratches/Not Coming: Parents, please let your coach know if your child will not be able to attend the meet. The sooner the coaches know the better. Coaches, forward those scratches to Mary (uvac.entries@gmail.com) whether in the days before the meet or up to 10:15 Sunday morning.

Warm-ups: Please see the warm-up assignments at the end of this document. The first warm up is at 9:30 a.m. Last warm-ups end at 10:50. All swimmers will need to enter the water using the sit on the deck and slide in the water entry. Teams may start one-way sprints at your discretion during your warm-up period.

Meet start: 11:00 a.m.

Team space: Norwich University has graciously allowed us the use of their gym for swimmers to wait, rest and most importantly, spread out, between their events. We will have a board with the current event number in the gym which is also where concessions will be located. Our pool deck is small and timers need to be able to move from one end to the other with ease so please ensure they can make it through.

Officials: We encourage any certified officials (and apprentices!) to help officiate at the meet. You can contact meet referee Jess Workman (jessworkman.swim@gmail.com) before the meet to let her know you are coming, but walk on officials are welcome as well. Officials sign-in will be in the equipment room at the start end of the pool. The officials meeting will be at 10:10.

Timers: Please see the timing assignments on the next page. There will be a timers meeting at 10:40 am in the hallway at the start end of the pool deck. If you have trouble filling your timing assignment due to having a parent officiate, let me know and we'll get that assignment covered!

Concessions: We will have a concession stand with bagels, muffins, fruit, pasta salad, walking tacos, Gatorade, sodas, water, and other typical swim meet snacks.

Admission: free

Heat sheets: \$3

We will also be selling commemorative T-shirts in honor of our 10th annual Pentathlon. Please bring cash if you would like concessions, heat sheets or a T-shirt.

Photography and video recording: The only photographers allowed on deck are coaches, swimmers, or adult who are USA-S registered and wearing their credentials. Any of those adults should check in with Mary before taking any pictures. There is absolutely NO photography allowed in the locker rooms or behind the blocks.

Meet awards: All swimmers who compete in all five events will be awarded a finisher's medal regardless of DQs. Trophies will be awarded to the top 3 finishers in each age group (8& Under, 9-10, 11-12, 13-14 and 15 & Up).

Coach and Officials Credentials: Coaches and officials should be prepared to show their membership status in Good Standing from the USA Swimming app .

Directions: From I-89 north or south, take Exit 5 off I-89 toward Northfield (Route 64 west). Turn right on Route 12 (north). Campus is on the left. From the north via Route 12, go through the town of Northfield, campus is on the southern edge of town on your right. Goodyear pool is in Plumley Armory. Parking is available around the Armory building.

I think that about covers it! We look forward to seeing you this weekend!!

Please contact Lisa Mahoney (cvsboard@gmail.com) or Mary Gentry (uvac.entries@gmail.com) if you have any questions!

Warm-up Assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
9:30-9:50	CVSC	CVSC	CVSC	CVSC	CVSC	CVSC
9:50-10:10	CVSC	CVSC	BYD	BYD	BYD	BYD
10:10-10:30	KYD	KYD	KYD	KYD	CRVS/ KYD	CRVS
10:30-10:50	MIDD	MIDD	MIDD/UN	STS	STS	STS

Timing Assignments

Back-up	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CVSC	MIDD (2)	STS (2)	CVSC (2)	KYD (2)	BYD (2)	BYD (1) CRVS (1)