

Jefferson City YMCA Pentathlon

**Sanction #
Jefferson City, MO YMCA Knowles Center
January 2, 2011**

SPONSOR: Jefferson City, MO YMCA Barracuda Swim Team
www.jc-barracudas.com

LOCATION: Jefferson City YMCA Knowles Center
424 Stadium Blvd., Jefferson City, MO 65101

FROM HWY 54 WEST: Take the Jefferson St./Stadium Blvd. Exit.
Immediate right on Jefferson Street. Right at the first light onto Stadium.
After 3/10 mile turn right at YMCA Drive. (Across from high school stadium.)

FROM HWY 54 EAST: Take the Stadium Blvd./Tanner Bridge Rd Exit. Turn left at the
stop sign. Right at the light onto Stadium. After 2/10 mile turn right at YMCA Dr.
(Across from high school stadium.)

FACILITY: 25 yard, 6-lane pool with non-turbulent lane lines. A Colorado Electronic Timing system
with 6-lane scoreboard will be used.

APPROVAL: This is a closed YMCA meet with USA Approval.

MEET SCHEDULE: 7:30 – 8:45 A.M. Warm-Up (two 35-minute sessions)
8:45 A.M. Coaches & Officials Meeting
9:15 A.M. Meet Starts

Warm-Up lanes will be assigned.

ELIGIBILITY: Age as of 12/1/10 will govern.

RULES: YMCA Swimming Rules will govern the meet.

ENTRIES: Swimmers may swim 5 individual events for the pentathlon scoring. Swimmers may also
enter 1 relay. Email entries to: JCAY@live.com. Entry times are to be in short-course
yards. An entry report will be emailed back to each team; it is the teams' responsibility to
check their reports for accuracy. **Entry fees must arrive at the YMCA by the date of
the swim meet. Fees must be paid with one check per team payable to "JCAY Swim
Team Parents Association."**

**Team contact : Allison Gohring
(C) 573-220-2598
(H) 573-896-4922**

Mail all fees to: Jefferson City YMCA-Knowles Center
C/O Barracuda Swim Team-Pentathlon
P.O. Box 104176
Jefferson City, MO 65110

- DEADLINE:** All entries must be emailed no later than **December 20, 2010**. Late entries will be accepted at the discretion of the Meet Director. Time updates will be accepted until December 28, 2010.
- FEES:** Individual events are **\$3.50 per event**. Relays are **\$12.00 per team**. There will be a **\$5.00 per swimmer surcharge** to cover facility and lifeguard fees.
- SEEDING:** Pre-seeded with deck entries permitted to fill empty lanes only. Fees for deck entries and **late entries after December 25, 2010** will be \$5.00 per individual event; \$16.00 per relay. Deck entries must be submitted by **45 minutes prior to the Start Time**. Heat sheets will be sold.
- WORKERS:** Teams will be required to provide six to eight (6 - 8) timers for the event. Teams will also be required to provide two (2) YMCA certified stroke/turn officials. Please include names of available officials with your entry information.
- PENTATHLON SCORING:** Times for each event will be added in order to obtain one total time for each swimmer. If a swimmer misses an event, has a false start or receives a DQ in any of their required 5 strokes, for Pentathlon scoring purposes, that swimmer will receive a time 20 seconds slower than the slowest finisher's time in that event. Swimmers should enter all 5 events in their age group if they want to be eligible for the Pentathlon awards.
- AWARDS:** Trophies will be given to the top 3 fastest total times for boys and girls in each age group. Medals will be given for places 4-8. Ribbons will be awarded for the top 3 relay finishes. **NEW this year we will be awarding individual medals 1st through 3rd and ribbons 4th through 8th per event along with the fastest time awards.**
- DOOR PRIZES:** All Swimmers registered for events will be in a drawing for door prizes. Names will be drawn periodically throughout the day.
- HEATAWARDS** Heat awards will be given
- CONCESSIONS:** Full concessions will be available. Food will be allowed in the concession area only; coolers must be stored there. A hospitality room will be available for coaches and officials.
- VENDOR:** A full service-swimming vendor will be available for your convenience. We will be selling goggles, caps, swimsuits, etc.
- BULLPEN:** Radios, CD/cassette, etc. will be permitted with **HEADPHONES ONLY**. All balls and throwing type toys are prohibited. Swimmers **MUST** stay out of the weight room, gymnastics center, and running track. There must be parental supervision of each team in the bullpen **AT ALL TIMES**. **Lack of adequate supervision and discipline may result in disqualification of the swimmer or team involved.**
- MEET DIRECTORS:** TBA
- MEET REFEREE:** TBA

Sunday, January 2, 2011

Warm-up: 7:30 AM
Meet Starts: 9:15 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	6 & U 25 Butterfly	2
3	8 & U 25 Butterfly	4
5	9-10 50 Butterfly	6
7	11-12 50 Butterfly	8
9	13-14 100 Butterfly	10
11	15-21 100 Butterfly	12
13	6 & U 25 Backstroke	14
15	8 & U 25 Backstroke	16
17	9-10 50 Backstroke	18
19	11-12 50 Backstroke	20
21	13-14 100 Backstroke	22
23	15-21 100 Backstroke	24
25	6 & U 25 Breaststroke	26
27	8 & U 25 Breaststroke	28
29	9-10 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	15-21 100 Breaststroke	36
37	6 & U 25 Freestyle	38
39	8 & U 25 Freestyle	40
41	9-10 50 Freestyle	42
43	11-12 50 Freestyle	44
45	13-14 100 Freestyle	46
47	15-21 100 Freestyle	48
49	6 & U 100 IM	50
51	8 & U 100 IM	52
53	9-10 100 IM	54
55	11-12 200 IM	56
57	13-14 200 IM	58
59	15-21 200 IM	60
<u>RELAYS:</u>		
61	8 & U 100 Medley Relay	62
63	10 & U 200 Medley Relay	64
65	12 & U 200 Medley Relay	66
67	14 & U 200 Medley Relay	68
69	21 & U 200 Medley Relay	70