

	WFY Sharks Autumn Pentathlon November 15, 2009
Host Club:	Wyckoff Family YMCA Sharks
Date of Meet:	Sunday, November 15, 2009
Location:	Wyckoff Family YMCA 691 Wyckoff Ave. Wyckoff, NJ 07481 Boye Pool is a six-lane, 25 yard pool with non-turbulent lane lines and IST timing system and scoreboard. Limited bleacher seating will be available on deck & in viewing area for spectators ONLY. Lawn chairs will be permitted in the gym. Swimmers and their bags should remain in the gym, and they will be marshaled to and from starting blocks for events.
Meet Director:	Gail Kelly, email address: kelly512@optonline.net
Meet Referee & Officials:	John Kelly, email address: kelly512@optonline.net Participating clubs are asked to help with officiating.
Entry Coordinator:	<ul style="list-style-type: none"> • Ron Heisler • Email address: rheisler@optonline.net • Telephone: 201-891-2081 ext. 148
Entry Fees:	<ul style="list-style-type: none"> • Entry fees are \$15.00 per swimmer. Each swimmer must enter all 5 events (fly, back, breast, free and IM) • Make checks payable to: Wyckoff Family YMCA
Entries & Deadline:	<ul style="list-style-type: none"> • All entries will be accepted on a first come basis. • Entries can be submitted by e-mail to: rheisler@optonline.net • Team entries will not be considered as accepted unless the waiver and entry fees have been received. • Send hard copy of entries, fee and waiver to: Wyckoff Family YMCA 691 Wyckoff Ave. Wyckoff, NJ 07481 ATTN: Kathy Kallman • Entries must be received by November 2, 2009. • Entries must be in yards, enter each swimmer with each individual event time.
Swimmer Eligibility:	<ul style="list-style-type: none"> • All swimmers must be YMCA registered, age 9-12 years old. • Age as of Dec. 1, 2009 will be used to determine a swimmer's age group.
Meet Rules/Format:	<ul style="list-style-type: none"> • 2009 USA rules will govern all competitions. • This meet is a <i>Pentathlon</i>; all swimmers must enter all 5 events to be eligible for the overall Pentathlon awards. • Swimmers missing events or disqualified become ineligible for overall Pentathlon award. • Final scoring for the pentathlon award will be based on the accumulated times of all 5 events.
Schedule:	<ul style="list-style-type: none"> • The building will open at 6:45 am • Warm-up will be divided into 2 – 30 min. sessions.

Meet Schedule:

Sunday, November 15, 2009		Warm-up	Start
SESSION 1	9-12 Boys and Girls	7:00 am	8:15 am

Warm-up Procedures:	<ul style="list-style-type: none">• All swimmers must enter the pool from the starting end of the pool.• Officials and Deck Marshals will monitor warm-ups.• The warm-up sessions will be 30 minutes with the last 10 minutes of each for sprint lanes.
Check-In:	<ul style="list-style-type: none">• Check-in will be 7:25 am.
Awards:	<ul style="list-style-type: none">• Trophies will be given for 1st place in each age group for overall pentathlon winners.• Ribbons will be awarded 1st-3rd place in each individual event, in each age group.
Timing Assignments:	<ul style="list-style-type: none">• Participating YMCA's will be asked to help with timing assignments.• Teams will be notified no later than 72 hours prior to the start of the meet.
Admission:	<ul style="list-style-type: none">• Admission will be \$5.00 per person and will include the meet program.
Concessions:	<ul style="list-style-type: none">• There will be food and drinks available throughout the entire meet.
Hospitality:	<ul style="list-style-type: none">• A hospitality room will be provided for the coaches and officials.
Results:	<ul style="list-style-type: none">• Results will be e-mailed to participating teams.
Directions:	<p>From the Garden State Parkway: Exit 160 to Route 4 West to Route 208 North to Russell Ave. exit. Left onto Russell Ave. and follow to the 'T' intersection. Left at the 'T' intersection onto Wyckoff Ave. Follow Wyckoff Ave. into the center of town. As you come over a set of railroad tracks, you will see Bergen Brick & Tile Co. on your left. The YMCA's driveway is the first driveway on your left just beyond Bergen Brick & Tile. Follow the long driveway past Spring Lake. The YMCA main building is at the end of the driveway.</p> <p>From 287 South or North: take exit for Rt 208 South to Ewing Ave. At the stop sign make a left on Ewing Ave. At the next light, turn right onto Franklin Ave. At the next light, turn left onto Wyckoff Ave. As you come over a set of railroad tracks, you will see Bergen Brick & Tile Co. on your left. The YMCA's driveway is the first driveway on your left just beyond Bergen Brick & Tile. Follow the long driveway past Spring Lake. The YMCA main building is at the end of the driveway.</p>

Schedule of Events		
Warm-up 7:00am Start 8:15am		
<i>Check-in 7:25 am</i>		
Event #	Event	Event #
Girls		Boys
1	9-10 50 Fly	2
3	11-12 50 fly	4
5	9-10 50 back	6
7	11-12 50 back	8
9	9-10 50 breast	10
11	11-12 50 breast	12
13	9-10 50 free	14
15	11-12 50 free	16
17	9-10 100 IM	18
19	11-12 100 IM	20

Wyckoff Pentathlon
SUNDAY, November 15, 2009

Waiver and Entry Summary

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against the Wyckoff YMCA and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OF COACH: _____

LOCATION OF CLUB: _____ City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding timers/officials:

NAME/PHONE #/E-MAIL ADDRESS of person to receive final results:

.....

Entry Fee Summary: _____ Individual Entries @ \$15.00 = \$ _____

Total Entry Fees = \$ _____

MAKE CHECKS PAYABLE TO: Wyckoff Family YMCA

