

Jefferson City YMCA Pentathlon
Approval # MV-10-03A
Jefferson City, MO YMCA Knowles Center
January 2, 2010

Host Team: 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 Drive. (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.

Note: This pool is an approved venue for purpose of this Approval. Additional certification pursuant to USA Swimming Rules and Regulations will be required for National or Inter-National records achieved at this event.

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

Meet Schedule: 7:30 am - 8:45 am Warm-Up (two 35-min sessions)
8:45 am Coaches & Officials Meeting
9:15 am Meet Starts

Warm-up lanes will be assigned

During warm-ups and competition all swimmers must enter the pool **STEPPING** in feet first, or **SITTING AND SLIDING IN**, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for the day.

Eligibility: Age as of 12/01/2009 will govern

Rules: YMCA Swimming Rules will govern the meet

Entries: Swimmers may swim 5 individual events for pentathlon scoring. Swimmers may also enter 1 relay. All entries must be submitted on a 3 ½" HyTek Commlink disc or via email: Allison.gohring@sbcglobal.net

EMAIL ENTRIES ARE PREFERRED. Please include a Team Manager print out with your entries. Entries are to be in short-course yards. **ENTRY FEES MUST ACCOMPANY ENTRIES WITH ONE CHEQUE PER TEAM PAYABLE TO "JCAJ Swim Team Parents Association" (JCAJ STPA)**

Mail all entries to: Allison Gohring
690 Gregory Lane
Fulton, MO 65251

PLEASE INCLUDE AN EMAIL CONTACT

Deadline: All entries must be postmarked no later than **December 21, 2009**. Late entries will be accepted at the discretion of the Meet Director.

There will be a limit of 350 swimmers. No team entry will Be Split. JCAJ reserves the right to select entries.

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 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 6-8 timers for the event. Teams will also be required to provide 2 YMCA Certified stroke/turn officials. Any USA officials would also be appreciated. Please include names of available officials with your entry information. Please specify if they are YMCA, USA or both.
- 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, they will no longer be in competition for the awards given to the top 8 places. Swimmers must enter all 5 individual 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.
HEAT AWARDS WILL ALSO BE AWARDED
- Door Prizes:** All swimmers registered for events will be in a drawing for door prizes. Names will be drawn periodically throughout the day.
- 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 vendor will be available for your convenience. We will be selling goggles, caps, swimsuits, etc.

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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 crash area AT ALL TIMES. **Lack of adequate supervision and discipline may result in disqualification of the swimmer or team involved.**

Meet Director(s):

Stacey Nanneman
573-690-5072

Meet Referee:

Dave Sheahan
2713 Surfside Court
Columbia, MO 65203
573-446-1110

Saturday, January 2, 2010

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

Relays:

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

Hotel Information

Best Western Capital Inn
1937 Christy Drive
Jefferson City, Mo 65101
573-635-4175

www.bestwestern.com/capitalinn