Muskegon MYST Pentathlon

Saturday November 9,2019

**About the Meet:**

This meet is not a sanctioned YMCA Swim Meet sanction number *none*. This is a time

final meet on behalf of USA Swimming (USA-S). In granting this approval it is understood and agreed that YMCA and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. MS rules, safety, and warm up procedures will govern the meet as is fully set forth in these meet rules.

**Date:**

Saturday November 9,2019

**Hosted by:**

Muskegon Y Swim Team (MYST)

**Location:**

Grand Haven High School

17001 Ferris Street

Grand Haven, MI 49417

**Time:**

9:00 a.m. warmup

10:00 a.m. start

**Directions:**

From US 31: Turn west on Ferris St. south of Grand Haven and take the first driveway

on the right into the high school facility. The pool is located at the north end of the

building and has its own entrance.

**Accommodations:**

There are several hotels in the Grand Haven area as well as Muskegon. Please check

your local travel site or preferred hotel.

**Parking:**

Parking in the north parking lot closest to the football field for the shortest walk to the pool.

**Facilities:**

Grand Haven Aquatic is an 8-lane pool with supervised warm-up and warm down area

available. Depth at start is 8-14 feet and 3.514 feet at the turn. Permanent starting

blocks and non-turbulent lane markers will be used. Colorado timing system with an

8-lane display will be used. There is ample balcony seating for spectators. Lockers are

available (provide your own lock). Public phones will be available. The competition

**Admissions:**

Entry into the meet is $5.00 per person. Children 12 and under with an adult are

free. Event programs will be available for $3.00.

**Athlete Eligibility:**

**YMCA Membership:** An athlete must be a YMCA member in good standing who

holds an annual, full privilege membership at the YMCA he/she represents.

**Amateur Status:** An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or

compensation for competing as a swimmer.

**Unattached Status:** There is no unattached status in YMCA Swimming.

**Age:** An athlete must be at least 4 years of age, and not older that twenty-one

(21) years of age on the first day of the meet.

**Athletes with a Disability:** Swimmers with a disability are welcome to enter this meet.

The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the

entry is submitted. If modifications to USA Swimming rules are necessary, then the

coach or athlete must notify the meet referee of any disability prior to competition.

**Coaches:**

**Required Certifications:** Coaches must hold the following certifications in the following

courses in order to receive a deck credential:

* Safety Training for Swim Coaches
* Basic Life Support (Professional Rescuer CPR)
* First Aid
* Principals of YMCA Competitive Swimming and Diving

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES OR SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS.

**Coach Registration:** Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be

permitted on deck.

**Teams without a Coach at the Meet:** All athletes and teams must have at least one

certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present,

that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

**Team Registration:** Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

**Insurance:** Each team that participates in the meet must have the current and correct Certificate of Liability Insurance, in effect through the las day of the meet.

**Rules:**

All YMCA guidelines and regulations covering warm-ups and deck personnel will be followed.All rules and safety procedures will be followed.

**Meet Format:**

The Pentathlon is an age group timed final meet. All events are timed finals. All events will be swum slowest to fastest.

**Entry Limit:**

Swimmers may enter all five (5) events in their age group. To be eligible for high point winner, a swimmer must have participated in all five events.

**Deck Entries:**

Deck entries will not be allowed.

**Scoring:**

Individual events will be scored for 16 places (20,17,16,15,14,13,12,11,9,7,5,4,3,2,1). There will be no team scoring.

**Awards:**

Medals will be awarded for 1st thru 6th and ribbons 7th thru 12th. High point trophy will be awarded to a boy and girls in each age group. There are no team awards.

**Results:**

Complete results will be posted in the hall and a copy will be e-mailed to each team.

**Electronic Entries:**

$5.00 per event. Make checks payable to MYST

**Entry Procedures:**

Entries may be submitted as of 14th of October and no later than 3rd of November at 6:00 pm EST. Entries must include correct swimmer name and age. Only athletes registered with USA Swimming my have and ID built in the entries. All individual entries should be submitted via electronic mail to:

[**mystheadcoach@muskegonymca.org**](mailto:mystheadcoach@muskegonymca.org)

All entries will be processed in order by email date code or mail date code. Any entries submitted will be considered provisional until such time as the host team has received the required documentation and fees. This must be received in a timely fashion prior to the start of the meet or your swimmers will not be allowed to swim the meet.

**Refunds:**

Once a team or individual entry ha been received and processed there are no refunds in full or in part unless the “over qualification rule” applies (see MS rules).

**Entries:**

Your club’s Entry, Entry Summary Sheet, Release/Waiver. Certification of Entered Athletes, YMCA Sanctioned Meet Declaration Form and Check should be sent via US mail or Nationally recognized overnight courier to:

Jacquie Kunnen

2021 West Lake Road

Twin Lakes, MI 4457

**Officials and Timers:**

We are asking for level 1 and 2 Officials to volunteer. Please contact

Annette Bakay([abakay62@msn.com](mailto:abakay62@msn.com)) regarding volunteering. We would also appreciate teams supplying 1 or 2 timers for the meet.

**Check In:**

All swimmers **MUST CHECK IN.** Check in will be available 30 minutes before the start of warm-ups (830 am). **Check in will close 15 minutes after warm-ups begin.**

**Scratch Rules:**

Prior to check in closes a swimmer may scratch evets at the Clerk of Course, after check in closes you must see the Meet Referee to scratch an event.

**Marshalling:**

10 and Under swimmers will be marshalled. Sell marshalling for 11 and Up Swimmers.

**Seeding:**

All events are times finals and will be seeded slowest to fastest based on times submitted.

**Concessions:**

Food and beverages will be available at the concession area. A hospitality area will be available for coaches and officials.

**Lost and Found:**

Articles not picked up at the end of the meet will be retained by Joshua Taylor (MYST Head Coach) for at least 14 days and then donated to charity.

**Swimming Safety:**

Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm down pool and diving well. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet.

**Deck Personnel/Locker Rooms/Credentialing:**

Only registered and current coaches, athletes, officials and meet personnel are allowed on deck or in locker rooms. Access to the pool deck may only be grated to any other individual in the event of emergency through approval by the Meet Director or Meet Referee. The General Chair of MS, Program Operations, Vice-Chari of MS, Officials Chair of MS, and Michigan Swimming Office staff are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with disability of coach of an athlete with disability. Lists of registered coaches, certified officials and meet personnel will be placed outside the door to the locker rooms/pool deck. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the hot team logo, name as well as function of the individual granted access to the pool deck (Coach, Official, Timer or Meet Personnel).

In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at conclusion of working. All access points to the pool deck and locker rooms will either be secured or staffed by meet worker checking credentials throughout the duration of the meet.

**Liability Limits:**

In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**Emergencies:**

The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency should immediately inform the facility’s personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

**Unaccompanied Athlete:**

Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

**Concussion Awareness:**

This meet will follow the YMCA of the USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Stall, the athlete’s coaching staffs, and the Meet Director. If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director.
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete’s parents or guardians about possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

**Lightening Policy:**

The National Lightning Safety Institute, National Athletic Association, American College of Emergency Physicians, USA Swimming and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**General Info:**

Any error of omissions in the program will be documented and signed by the Meet Referee and available for review at the Clerk of Course for Coaching review. Information will also be covered at the Coaches’ Meeting.

**First aid/Facility Items:**

Supplies will be kept in pool office and administered by pool lifeguard staff.

1. No smoking is allowed in the building or on the grounds of Grand Haven High School.
2. Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
3. No bard feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
4. To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
5. Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.
6. Operation of drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Meet Director:**

Chris Miller[angiehoeh@yahoo.com](mailto:angiehoeh@yahoo.com)

**Meet Referee/AO**

Annette Bakay [abakay62@msn.com](mailto:abakay62@msn.com) (231)670-7186

**Safety Marshall:**

Greg Ackerberg [Gregory.ackerberg@yahoo.com](mailto:Gregory.ackerberg@yahoo.com)

**Muskegon MYST Pentathlon**

**Event List**

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| --- | --- | --- |
| **Girls** | **Events** | **Boys** |
| 1 | 8 and Under 100 Yard IM | 2 |
| 3 | 9-10 100 Yard IM | 4 |
| 5 | 11-12 100 Yard IM | 6 |
| 7 | 13-14 100 Yard IM | 8 |
| 9 | 15 & Over 100 Yard IM | 10 |
| 11 | 8 and Under 25 Yard Freestyle | 12 |
| 13 | 9-10 50 Yard Freestyle | 14 |
| 15 | 11-12 50 Yard Freestyle | 16 |
| 17 | 13-14 50 Yard Freestyle | 18 |
| 19 | 15 and Over Freestyle | 20 |
| 21 | 8 and Under 25 Yard Butterfly | 22 |
| 23 | 9-10 50 Yard Butterfly | 24 |
| 25 | 11-12 50 Yard Butterfly | 26 |
| 27 | 13-14 50 Yard Butterfly | 28 |
| 29 | 15 and Over 50 Yard Butterfly | 30 |
| 31 | 8 and Under 25 Yard Backstroke | 32 |
| 33 | 9-10 50 Yard Backstroke | 34 |
| 35 | 11-12 50 Yard Backstroke | 36 |
| 37 | 13-14 50 Yard Backstroke | 38 |
| 39 | 15 and Over 50 Yard Backstroke | 40 |
| 41 | 8 and Under 25 Yard Breaststroke | 42 |
| 43 | 9-10 50 Yard Breaststroke | 44 |
| 45 | 11-12 50 Yard Breaststroke | 46 |
| 47 | 13-14 50 Yard Breaststroke | 48 |
| 49 | 15 and Over 50 Yard Breaststroke | 50 |

2019 MYST Pentathlon

ENTRY SUMMARY AND WAIVER

(Signed copy required for meet participation)

Number of Individual Entries\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_X $5.00= $\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Entry Fess Enclosed $\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please make check payable to:**

**Muskegon MYST**

Send completed form with check to:

Jacquie Kunnen

2021 West Lake Road

Twin Lake, MI 49457

or

Bring completed form along with check and form to meet

Enclosed is a total of $\_\_\_\_\_\_\_\_\_\_\_\_\_\_ covering fees for all the above entries. In consideration of acceptance of this entry I/We hereby, for ourselves, our heirs, and assigns, waive and release any and all claims against Muskegon MYST, Grand Haven High School, YMCA, Michigan Swimming Inc., and United States Swimming Inc. for injuries and expenses incurred by Me/Us at or traveling at said swim meet.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_