Jefferson City Area YMCA

**Pentathlon**

January 5, 2019

Missouri Valley Sanction # MV-19-02A

**Sponsor:** Jefferson City, Mo YMCA Barracuda Swim Team

[www.jc-barracudas.com](http://www.jc-barracudas.com/)

**Meet Directors**: Kimmi Schattgen Tommy Parker

[kimminmo@gmail.com](mailto:kimminmo@gmail.com) [tjbaparker@gmail.com](mailto:tjbaparker@gmail.com)

573-418-9659 573-353-2253

**Meet Referee:** Patti Draves

[3littlefishies@hughes.net](mailto:3littlefishies@hughes.net)

**Administrative** Amy Lowe

**Official:** [amy@slowe.com](mailto:amy@slowe.com)

**Entry Chair:** Diane Kemna

JCAY@live.com

**Officials**  Tod Schattgen

**Coordinator:** [tod.schattgen@gmail.com](mailto:tod.schattgen@gmail.com)

573-544-6972

**Vendor:** **Swim Quik**

**Location:** Jefferson City YMCA Knowles Center

424 Stadium Blvd.

Jefferson City, MO 65063

**Approval:** This is a closed YMCA meet held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. MV Sanction # MV-19-02A

**Eligibility:** All swimmers must comply with the eligibility conditions of The Rules that govern YMCA Competitive Sports. This is a closed YMCA meet and each athlete must be a member in good standing of the YMCA for at least 30 days prior to participating in this meet. The swimmer’s age as of December 1, 2018 will determine the age group for competition.

Any swimmer entered in the meet must be certified by the YMCA coach as proficient in a racing start or must start the race from within the water. If a swimmer is not accompanied by a coach, please check in with the meet referee prior to the meet.

**Facility:** 25 yard, 6 lane pool with non-turbulent lane lines. Pool depth at the start end is 11 feet; pool depth at the turn end is 3 ½ feet. A Colorado Electronic Timing system with 6-lane touch pads and scoreboard will be used. The competition course has not been certified in accordance with 104.2.2C(4).

**Crash Area:** Each team will be given a designated area in the gym for their team area. Lawn chairs and coolers may be brought into the gym. Please no cots or large lounge chairs.

Balls or throwing toys are not allowed. Please use the locker rooms for changing into and out of clothes or swim suits. Use headphones if listening to music.

A Photo Booth will be available.

**Swim Quik** will be selling merchandise and will have Pentathlon apparel for sale.

**Bull Pen:** All swimmers are expected to report to the bull pen when their event is called.

Failure to do so may result in the disqualification of the swimmer.

**Meet Schedule:** A warm up schedule will be emailed to the coaches and posted under the Pentathlon tab on the JCAY website. Lanes will be assigned. The **tentative** meet schedule is:

**Warm Ups:** First session8:00

**Coaches Meeting:** 8:00

**Officials Meeting:** 8:15

**Timers Meeting:** 9:15

**Meet Start:** 9:30

**Warm Ups:** Warm up lanes will be assigned. Swimmers must enter the pool feet first during warm up. Failing to do so may result in the disqualification from one or more of the swimmers events at the discretion of the meet referee. Swimmers may dive during the designated sprint warm ups.

**Entries:** Swimmers may swim up to 5 individual events and 1 relay. They must swim all 5 events if they want to be eligible for the overall pentathlon award. (See pentathlon scoring)

Email entries to [JCAY@live.com](mailto:JCAY@live.com)

Entry times must be in short course yards, converted times are allowed.

An entry report will be emailed back to each team; it is that teams’ responsibility to check their reports for accuracy.

Entries will be limited to the first 250 swimmers on a first come, first served basis.

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”. All fees are due by the start of the meet. If payment is not received by the start of the meet, a 5% administration fee will be charged.

**Entries will be accepted no sooner than December 27, 2018 and no later than December 31, 2018 at 12:00 midnight. Entries after December 31 will be $10.00 per event and $24.00 per relay. The meet will be pre-seeded.** **Deck entries will not be allowed. Email entries to** [**JCAY@live.com**](mailto:JCAY@live.com)Scratches must be submitted at least 60 minutes prior to the meet start time.

**USA Swimmers:** This meet is USA Swimming approved meet, held under the sanction of MO Valley Swimming sanction number #MV-19-02A. Those teams that want their swimmers swims observed and times recorded in the USA Swimming data base(SWIMS) must provide the name (first, middle, last) date of birth, and USA Swimming athlete registration number with their entries. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming.

**Entry Fees:** $5.00 swimmer surcharge

$5.00 per individual event

$20.00 per relay team

**Mail checks to: Jefferson City YMCA-Knowles Center**

**C/O Barracuda Swim Team**

**Post Office Box 104176**

**Jefferson City, MO 65101**

**Pentathlon Scoring:** Swimmers must swim all 5 events in their age group if they want to be eligible for the pentathlon awards. Times for each event will be added together in order to obtain on total time for each swimmer. Events will be scored for the following age groups: 8 & Under, 9-10, 11-12, 13-14, and 15-21.

If a swimmer receives a disqualification, two minutes will be added to their time for the event in which they received the DQ.

**Awards:** Heat awards will be given.

Individual Awards--Medals 1st -3rd place Ribbons 4th- 8th place

Relay Awards—Ribbons 1st- 3rd place

Pentathlon Awards—Trophies 1st -3rd place Medals 4th -8th place

Awards will be given to boys and girls in each age group

**Officials:** For planning purposes, we ask each team to forward a list of YMCA certified officials and USA Swimming certified officials who will be attending the meet to the officials coordinator at [Tod.Schattgen@gmail.com](mailto:Tod.Schattgen@gmail.com)

This meet will be USA Swimming sanctioned and times will be submitted for entry in the USA Swimming SWIMS database.

**Timers:** Teams will be required to provide timers for the meet. A timer assignment sheet will be emailed to all coaches prior to the meet.

**Bull Pen:** A bull pen will be used for all age groups.

**Concessions:** Full concessions will be available. Food is allowed in the crash area only. Please do not take food to the bull pen or pool deck. There is no ATM on site.

**Heat Sheets:** Heat sheets will be sold at the meet.

**Rules:**  YMCA Swimming Rules will govern the meet. This meet is held under the approval of USA Swimming. USA Swimming technical rules will apply. In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the event. Deck changes are prohibited. Use of audio or visual recording devises, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms.

All coaches must have current YMCA certification and have credentials to be on deck. Assistants will not be allowed on deck without the same credentials as a coach. This will be strictly enforced.

Swimmers will not be permitted in the gymnastic area weight room, exercise room or on the running track. They are asked not to play in the elevator.

No balls or throwing type toys are allowed in the crash area.

Radios, CDs, or other music devices will be permitted with **headphones only.**

Operation of a drone or any other flying apparatus, is prohibited over the pool, athlete/coach areas, spectator areas, or locker rooms at any time.

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.

**YMCA Address:**  Jefferson City Knowles YMCA  
 424 Stadium Blvd.

Jefferson City, MO 65101

**Directions:**

**From HWY 54 West:**

Take the Jefferson St./Stadium Blvd. exit, then an immediate right on Jefferson Street.

Stay in the right lane and merge on to Stadium Blvd. Go straight through the stoplight.

After 3/10 of a mile, turn right at YMCA Drive. (Across from the JC High School Stadium.)

**From HWY 54 East:**

Take the Stadium Blvd/Tanner Bridge Rd exit. Turn left at the stop sign onto Tanner Bridge Rd. Take a right at the stoplight onto Stadium Blvd. Go 2/10 of a mile and turn right onto YMCA Drive. (Across from the JC High School Stadium.)

**Saturday, January 5, 2019**

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| **GIRLS** | **EVENT** | **BOYS** |
|  |  |  |
| 1 | 8 & U 25 Butterfly | 2 |
| 3 | 9-10 50 Butterfly | 4 |
| 5 | 11-12 50 Butterfly | 6 |
| 7 | 13-14 100 Butterfly | 8 |
| 9 | 15-21 100 Butterfly | 10 |
| 11 | 8 & U 25 Backstroke | 12 |
| 13 | 9-10 50 Backstroke | 14 |
| 15 | 11-12 50 Backstroke | 16 |
| 17 | 13-14 100 Backstroke | 18 |
| 19 | 15-21 100 Backstroke | 20 |
| 21 | 8 & U 25 Breaststroke | 22 |
| 23 | 9-10 50 Breaststroke | 24 |
| 25 | 11-12 50 Breaststroke | 26 |
| 27 | 13-14 100 Breaststroke | 28 |
| 29 | 15-21 100 Breaststroke  **Possible 15 minute break** | 30 |
| 31 | 8 & U 25 Freestyle | 32 |
| 33 | 9-10 50 Freestyle | 34 |
| 35 | 11-12 50 Freestyle | 36 |
| 37 | 13-14 100 Freestyle | 38 |
| 39 | 15-21 100 Freestyle | 40 |
| 41 | 8 & U 100 IM | 42 |
| 43 | 9-10 100 IM | 44 |
| 45 | 11-12 100 IM | 46 |
| 47 | 13-14 200 IM | 48 |
| 49 | 15-21 200 IM | 50 |

**RELAYS**

|  |  |  |
| --- | --- | --- |
| 51 | 8 & U 100 Medley Relay | 52 |
| 53 | 9-10 200 Medley Relay | 54 |
| 55 | 11-12 200 Medley Relay | 56 |
| 57 | 13-14 Medley Relay | 58 |
| 59 | 15-21 Medley Relay | 60 |