

Jefferson City Area YMCA
26th JCAY Pentathlon
January 7, 2023
Missouri Valley Sanction # MV-23-01A

Sponsor: Jefferson City, Mo YMCA Barracuda Swim Team
www.jc-barracudas.com

Meet Director: Amanda Lueckenhoff
lueck4rn@yahoo.com
573-291-3945

Meet Referee: Dana LeVasseur
Dnalver_Swim@hotmail.com

Administrative Official: Josh Harrington
jcay@live.com

Entry Chair: Josh Harrington
jcay@live.com

Officials Coordinator: Don Eisinger
jcay@live.com

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-23-01A **“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 conduct of the event.”**

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 January 7, 2023 will determine the age group for competition.

Any swimmer entered in the meet must be certified by the YMCA/USA 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.

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 session 8:00
Officials Meeting: 8:45
Coaches Meeting: 9:00
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

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 26, 2022 and no later than December 31, 2022 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

Scratches must be submitted at least 60 minutes prior to the meet start time.

USA Swimmers: This meet is an USA Swimming approved meet, held under the sanction of MO Valley Swimming sanction number #MV-23-01A. 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.

COVID-19 Information: "We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators. You must follow all posted instructions of the facility. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending and participating in the 25th JCAY Pentathlon swim meet, you voluntarily assume all risks related to exposure to COVID-19."

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"USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19."

"BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND MISSOURI VALLEY SWIMMING LSC AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH."

Entry Fees: \$10.00 swimmer surcharge
\$5.00 per individual event
\$20.00 per relay team

Write Checks to: Jefferson City YMCA-Swim Team

Mail checks to: Jefferson City YMCA-Knowles Center
PO Box 104176
ATTN: SWIM TEAM-Don Eisinger
Jefferson City, MO 65110

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 jcay@live.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 provided to each coach for their use and for availability in the crash area. A heat sheet will be posted on the JCYMCA Team Unify site Pentathlon Tab at:
<https://www.teamunify.com/Home.jsp?team=mvsjcay>

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 devices, 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 venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."

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.

Cancellation: As of September 1, 2022 there are no restrictions or mandates regarding Covid-19. In the event that requirements and mandates come into place that the event cannot be held all entry fees will be returned. If the event is cancelled for reasons other than Covid-19 there are no refunds.

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 7, 2023

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	30
	Possible 15 minute Break	
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	11-12 200 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