

To: JCAY 2023 PENTATHLON COACHES

From: Don Eisinger

Subject: Warm-up, Timer Assignments and Miscellaneous

Thank you for entering our event. We are excited to host you and look forward to a successful event for everyone.

1. Our time frame, slightly revised from the Meet Invite is as follows:

Officials Meeting: 8:45 Pool Level Conference Room

Coaches Meeting: 9:00 Dive End of Pool

First Call for Events: 9:10 Bullpen in Kids Center

Timers Meeting: 9:15 Dive End by Bleachers

Meet Start: 9:30

2. Officials: Coaches please send an email to Don Eisinger at jcay@live.com by Friday, January 6, to identify how many officials you will have.
3. Break: We will be taking a break after event 30. The length of the break has not been determined.
4. See Warmup Assignments Below:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30-7:50	JCAY-NV/BR	JCAY-NV/BR	JCAY-NV/BR	JCAY-NV/BR	JCAY-NV/BR	JCAY-NV/BR
7:50-8:10	YOCC	YOCC	YOCC	YOCC	JCAY-GLD/SLV	JCAY-GLD/SLV
8:10-8:30	MEXY	MEXY	LEBY	LEBY	FAFY/WWFY	OSPY
8:30-8:50	OPFY	OPFY	FRAY	FRAY	FRAY	FRAY
8:50-9:10	BWST	BWST	SQUID	SQUID	SCCY	SCCY

5. Timers: See Timer assignments below. We will have 2 timers per lane. You may subdivide as needed.

Events	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1-15	JCAY	FRAY	YOCC	BWST/MEXY	SCCY/SQUID	SCCY/SQUID
16-30	JCAY	FRAY	YOCC	BWST/MEXY	SCCY/SQUID	SCCY/SQUID
Mid-Point Break						
31-45	JCAY	FRAY	YOCC	OPFY/FAFY	OPFY/LEBY	FRAY/YOCC
46-60	JCAY	FRAY	YOCC	OPFY/MEXY	OPFY/LEBY	SCCY/SQUID

6. Event Shirts: Pentathlon Shirts ordered by parents can be picked up at the concession stand.

If you have any questions contact me at JCAY@LIVE.COM or 573-632-8832.