

WEST END YMCA – 36th Aqua Pentathlon

Date: Sunday, February 12, 2006 - Meet starts at 10:00

Warm-ups: 8&Un: 8:45 – 9:00 11-12: 9:15 – 9:30
9-10: 9:00 – 9:15 13-14: 9:30 – 9:45

Location: West End YMCA, 37100 Euclid Ave. (Rt. 20)
Willoughby, OH 44094 (about 1 mile east of Rt. 91) 440-946-1160

What is the Aqua Pentathlon?

All swimmers compete in 5 events. Points are awarded for each event as described below. The overall winners are those with the greatest sum of points for all 5 events. Points are awarded by dividing the swimmers time by the time standard (our pool record) and multiplying by 1000. Thus, a swimmer who equaled the record would receive 1000 points for that event, while a swimmer who swam half as fast would receive 500 points. For example, if the record is 30 seconds, and the swimmer's time is 40 seconds, the award would be 750 points ($30/40 \times 1000 = 750$).

Eligibility

Swimmers must be current "Y" members and swim **exclusively** for their Y team. Age as of Dec. 1.

Events

Each swimmer will swim 5 events. Each round will start with 8&under girls and end with 13-14 boys. All points and places will be determined by time only. Hand held watches will be used.

Entries

Best yard times must be submitted for all events. Entries must be emailed to terryphifer@ameritech.net by Tuesday, February 8. You will receive a confirmation of your entry by email. You must fill out our custom entry spreadsheet; **we cannot process a Hy-Tek entry file**. If you received this meet information via email, the entry spreadsheet is attached. If not, or for additional information, contact Terry Phifer at 440-975-8067 or email terryphifer@ameritech.net

Entry Fees

The entry fee, covering all 5 events, is \$12.00 per swimmer. Please mail your check to: Terry Phifer, 35814 Ridge Road, Willoughby, OH 44094. Check is payable to West End YMCA swim team.

Clerk of Course

Swimmers will be headquartered in the gym, which tends to be cool, so dress appropriately. Swimmers will be seated in the hall outside the gym until being escorted to the pool area. Swimmers must have something on their feet when outside of the pool area. **NO BARE FEET, PLEASE.**

Refreshments

We will have a concession stand in the recreation room. If you bring a cooler, please store it in the recreation room, as no coolers are allowed in the pool area or the gym.

Awards

Ribbons will be awarded for the top 8 places in each event. Trophies will be presented to the top 8 overall swimmers in each age group immediately following the completion of the last event. There will be no team scoring.

Results

Official results will be available for coaches shortly after the meet and will be emailed the next day.

Order of Events

Girls	Age Group	Event	Boys
1	8 & Un	25 Freestyle	2
3	9 -10	50 Freestyle	4
5	11 - 12	50 Freestyle	6
7	13 - 14	50 Freestyle	8
9	8 & Un	25 Butterfly	10
11	9 -10	50 Butterfly	12
13	11 - 12	50 Butterfly	14
15	13 - 14	100 Butterfly	16
17	8 & Un	25 Backstroke	18
19	9 -10	50 Backstroke	20
21	11 - 12	50 Backstroke	22
23	13 - 14	100 Backstroke	24
25	8 & Un	25 Breaststroke	26
27	9 -10	50 Breaststroke	28
29	11 - 12	50 Breaststroke	30
31	13 - 14	100 Breaststroke	32
33	8 & Un	50 Freestyle	34
35	9 -10	100 Freestyle	34
37	11 - 12	100 Freestyle	38
39	13 - 14	200 Freestyle	40

Aqua Pentathlon
Entry Form
(event numbers not needed)

8 & Under >>	25	25	25	25	50
9-10, 11-12 >>	50	50	50	50	100
13-14 >>	50	100	100	100	200

Team	Girl/Boy	Age	Name	Freestyle	Butterfly	Backstroke	Breaststroke	Freestyle
WEY	B	12	Smith, John (example)	29.90	35.45	36.73	39.25	109.25

(i.e.,1:09.25)

CONTACT INFORMATION

Team:	
Name of Contact:	
Address:	
City, State, Zip	
Phone:	
email:	