

8th ANNUAL PENGUIN PENTATHLON

COACHES INFORMATION

Pentathlon date: Sunday, June 23, 2019

WELCOME and **THANK YOU** for participating in our eighth annual Penguin Pentathlon invitational! Please review the following information and contact the meet director, Juli Kerscher, at pentathlondirector@gmail.com if you have any questions or concerns that are not addressed below.

WARMUPS: There will be morning and afternoon warm up sessions. Please remind your swimmers of feet first entry during warm-ups. Teams may begin one-way sprints at the discretion and under the supervision of the coach. Please note that some lanes are scheduled for one-way sprints during the warmup session in case you need extra time.

We will adjust the afternoon warm up schedule if the morning session does not end on time. The afternoon meet will NOT START before 1:55 pm. The first afternoon warm up session is scheduled to start at 1:00 p.m.

MORNING SESSION WARMUPS

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00-9:25 am	LTPY	LTPY	LTPY	LTPY	LTPY	LTPY	LTPY	CNYW
9:25-9:50 am	HURY	HURY	LCFY	LCFY	GCY	GCY	EAST	RCY
Meet Starts at 10:05 am				Estimated Finish at 12:27 pm				

AFTERNOON SESSION WARMUPS

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:20 pm	LTPY	LTPY	LTPY	LTPY	LTPY	LTPY	LTPY/GYB	OPEN
1:20-1:40 pm	GCY	GCY	HURY	LCFY	RCY	CNYE	EAST	OPEN
Meet Starts at 1:55 pm				Estimated Finish at 4:42 pm				

MORNING MEET START TIME: 10:05 am ESTIMATED END TIME: 12:27 pm

AFTERNOON MEET START TIME: 1:55 pm ESTIMATED END TIME: 4:42 pm

FLY OVER STARTS: We will use fly over starts during the afternoon session only (with the exception for backstroke events).

BULLPEN: There will be a bullpen for only individual events swim as “8 & Under” in the morning session. The bullpen is in the aerobics room next to the gym. 9 & Over swimmers and swimmers in the afternoon session should report directly to the blocks.

SCRATCHES: Please let the scorer’s table know of any scratches as soon as possible.

DECK ENTRIES AND CHANGES ARE PROHIBITED: This is in accordance with USA Swimming guidelines.

COACHES/OFFICIALS HOSPITALITY ROOM is in the OSU Room (located at the end of the hallway behind the glass window at the shallow end of the pool).

COACHES MEETING: We are NOT planning to have a Coaches Meeting at this time. If necessary, a Coaches Meeting will be announced.

HEAT WINNERS: Swimmers who win their heat will receive a “Duck Buck.” The “Duck Buck” is the winner’s ticket to participate in the “Chuck-A-Duck” contest. Each “Duck Buck” is worth one chance to “Chuck-A-Duck.” The contest will be held at the end of both the morning and afternoon sessions. Please read the “Chuck-A-Duck Contest Rules” for more information.

MEET RESULTS: If you have any questions regarding posted meet results, please contact the scorer’s table. Please report any discrepancies on the meet results within 30 minutes of posting to the scorer’s table. Results will be e-mailed to each team after the meet.

AWARDS: Coaches may pick up awards at the conclusion of the meet. The awards room is located in the Aquatics Office near the slide. If you discover any missing awards after the meet, please e-mail Renee Sullenberger at rlsullenberger@gmail.com.

TEAM CAMPS: Please remind your swimmers to clean up your team area in the gym after the meet.

Thank you for participating in the Pentathlon!