



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
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# 14th Annual Penguin Plunge Invitational

Held under the sanction of USA Swimming Inc. Sanction # OH-20SC-85AP

## **DATE**

Sunday, December 15, 2019

## **LOCATION**

Liberty Township Powell YMCA  
7798 Liberty Road  
Powell, OH 43065 Phone: 740-881-1058

## **DIRECTIONS**

Directions available at: <http://ymcacolumbus.org.s108415.gridserver.com/liberty-swim-team/alumni/>. Click on **Penguin Plunge**

## **MEET DIRECTOR**

Juli Kerscher: [penguinmeetdirector@gmail.com](mailto:penguinmeetdirector@gmail.com)

## **TIME SCHEDULE**

**MORNING SESSION:** Warm-ups start at 7:50 am. Teams will be assigned warm-up lanes and times. Meet starts at 9:00 am.

**AFTERNOON SESSION:** Warm-ups will not begin before 1 pm. Teams will be notified of afternoon start time after all entries are received and will be assigned warm-up lanes and times. The meet will end by 6:00 pm.

## **FACILITY**

The pool is an 8 lane, 25-yard pool. Scoring will be done using computer scoring and electronic timing with touchpads; both electronic timing and manual stop watches. The timing system will be Colorado. The competition course has not been certified in accordance with USA Swimming rule 104.2.2C(4). Water depth at the starting block end of the pool is 6 feet deep for at least 19 feet (5.79 meters) off the wall. Water depth at the shallow end of the pool is 3 feet 6 inches deep at it shallowest and deepens to 4 feet approximately 50 feet (15.24 meters) off the wall.

Full facility locker rooms & showers will be available. Deck changes are prohibited.

Swimmer camp is located in the gym. Despite our best efforts, the gym may be chilly. Please plan accordingly. Limited bleacher seating is available on the pool deck. You are welcome to bring your own chairs.

Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.



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## **FORMAT**

All events are timed finals for each age group. Events will be seeded and swum mixed gender, however the events will be scored and awarded as if swum as individual gender events that were swum separately.

## **USA MEET INFORMATION**

USA sanction number is OH-20SC-85AP. In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.6.6C)

## **RESULTS**

This is a timed final meet. Results will be e-mailed to each participating team, the YCO league and Ohio Swimming.

## **ENTRY LIMITATIONS**

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. **All relays will be mixed and must include at least one boy and one girl.** (For example, a relay can include two girls and two boys or three girls and one boy).

Any points earned for 10 & under swimmers who compete in events 8, 10, 13 or 17 in the morning session will count toward their age group's high point award. Swimmer age on 12/1/19 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Parents and Coaches may enter any 15 & Over events or relays as exhibition. There will be no entry fee cost.

## **SUBMITTING ENTRIES**

This meet is open to YMCA Swim Teams.

Please submit yard times for seeding.

**Please do not enter any "NT's" (No Times) for any swimmers.** Instead, use a best "guess"timate of your swimmer's time when needed. Please only do this for strokes they are most likely to swim legally.

The formats we can accept are Hy-Tek Team Manager file or Meet Manager File. Included is a Hy-Tek event list to assist you in providing an electronic entry list.

Entry file from Meet Manager is available at:

[www.ymcacolumbus.org/liberty-swim-team](http://www.ymcacolumbus.org/liberty-swim-team) Click on ***Penguin Invitationals***

E-mail Hy-Tek entry file to: [penguinscorekeeping001@gmail.com](mailto:penguinscorekeeping001@gmail.com)



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YMCA Team Entries will not be accepted until **Tuesday, November 26, 2019** and will be accepted in this order:



- 3 pm – 5 pm:** Central Ohio YMCA teams
- 5 pm – 7 pm:** Teams who attended this invitational at least the last 2 years
- 7 pm – 8 pm:** All other YMCA teams

There will be a limit on the number of swimmers attending so that the meet ends by 6:00 pm. **Entries will close when sessions are full. No Deck Entries will be accepted.**

### **SPECIAL NOTES**

Following the initial submittal of a team's entries, additional entry submissions will be entered space permitting. **No entries, changes or updates will be accepted after 9 pm Wednesday, December 4, 2019.** Please submit the following information to Katie Legates at: [penguinscorekeeping001@gmail.com](mailto:penguinscorekeeping001@gmail.com)

- Name
- Birthdate
- Event(s)
- Seed Time

### **ENTRY FEES**

YCO League Surcharge: \$2.00 per swimmer  
Individual Events: \$5.00 per individual event  
Relay Events: \$10.00 per relay

### **ENTRY FEE PAYMENT**

**YMCA of Central Ohio teams:** Please submit payment via an I.D.T.:

- LTPY account # 520-996-8738
- In the description field: Penguin Plunge 2019 & "team name"

**All other YMCA teams:** Bring payment to LTPY on the day of the meet. Please do not bring cash. Make checks payable to: YMCA

Payment must be made before the start of the meet. Meet fees are non-refundable.

### **MEET REFEREE**

Amy Racke: [amylovettrack@gmail.com](mailto:amylovettrack@gmail.com)

**Coaches, please provide officials names when you submit your entries.** Each visiting team with 10 or more swimmers entered in the meet are asked to provide at least one official to supplement the officials provided by LTPY.

**Bonus for visiting team officials:** Any visiting team official who officiates either during the morning or afternoon session or for two hours during both sessions will receive a \$5 gift card



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from either Starbucks or Subway. Gift cards are limited to the first 10 officials that sign-up to officiate.

**Trained Officials:** Please email questions to Amy Racke at [amylovettrack@gmail.com](mailto:amylovettrack@gmail.com)

### **AWARDS**

Heat winner awards will be awarded for all sessions.

#### Individual & Relays

1st – 3rd place – Medals will be awarded for all sessions.

4th – 12th place – Ribbons will be awarded for all sessions.

#### High point award for 1st Place Boy & Girl in the following age groups:

6 & Under

7-8

9-10

11-12

13-14

15 & Over

**Note:** Points scored in 8 & Under and 10 & Under events will count towards age group high points. For example, if a 6-year-old places 5th in the 10 & Under 100 Free (scored as 8 & Under and 9/10), they score 10 points towards the age 6 & Under high point.

1st and 2nd Place Banner for winning team (LTPY excluded from team award).

Awards will be sorted by teams and may be picked up by coaches at the end of the meet.

### **SCORING**

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

### **RESULTS**

This is a timed final meet. Results will be e-mailed to each participating team and to the league. Results will be posted near concessions and can be accessed via the Meet Mobile app available in the Apple App Store and on Google Play.

### **HEAT SHEETS**

Heat sheets will be sold for \$5.00 each session or \$8.00 for both sessions. In keeping with the mission of the YMCA, the proceeds from each sale will be donated to the Promenschenkel Scholarship.

### **PARKING**

Parking is available at the YMCA. Overflow parking is available behind Liberty Middle School located next to the YMCA. The middle school address is 7940 Liberty Road in Powell, OH.



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### **SUPERVISION**

Each team will be responsible for providing supervision for their team while at the YMCA. Please clean-up your area before you leave the meet.

### **BULLPEN**

There will be **no bullpen** for the **morning** session, the swimmer (and the team) is responsible for ensuring that the swimmers report to their event.

A bullpen **will** be provided for the **afternoon** session – **individual events only**. Teams are responsible for getting 10 & Under relays to the blocks.

### **HOSPITALITY ROOM**

A hospitality room will be available for **coaches** and **officials** near pool side.

### **CONCESSIONS**

A concession stand with healthy selections will be available.

Mo's Swimville USA and Jolyn will be present selling swim apparel, equipment and supplies.



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Entry fees due before the start of the meet.

# 14<sup>th</sup> Annual Penguin Plunge Winter Invitational

## Order of Events – Morning Session

Warm-ups begin at 7:50 am. Meet begins at 9:00 am

GIRLS	Event Name	BOYS
1	11/12, 13/14, 15 & Over – 200 Butterfly	1
2	OPEN – Mixed 400 Freestyle Relay	2
3	OPEN – Mixed 800 Freestyle Relay	3
4	OPEN – Mixed 800 Medley Relay	4
5	11/12, 13/14, 15 & Over – 100 IM	5
6	11/12, 13/14, 15 & Over – 400 IM	6
7	11/12, 13 & Over – 50 Breaststroke	7
8	10 & under, 11/12, 13/14, 15 & Over – 100 Butterfly	8
9	11/12, 13 & Over – 50 Freestyle	9
10	10 & under, 11/12, 13/14, 15 & Over – 100 Backstroke	10
11	11/12, 13/14, 15 & Over – 200 Breaststroke	11
12	11/12, 13/14, 15 & Over – 100 Freestyle	12
13	10 & under, 11/12, 13/14, 15 & Over – 200 IM	13
14	11/12, 13 & Over – 50 Backstroke	14
15	11/12, 13/14, 15 & Over – 200 Backstroke	15
16	11/12, 13 & Over – 50 Butterfly	16
17	10 & under, 11/12, 13/14, 15 & Over – 100 Breaststroke	17

### NOTES

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. Any points earned for 10 & under swimmers who compete in events 8, 10, 13 or 17 in the morning session will count toward their age group's high point award. Swimmer age on 12/1/18 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Mixed relays must include at least one (1) boy and one (1) girl.

Combined age-group and gender events will be scored and awarded as if swum as individual age-group/gender events if the age group is noted separately.

The 50-yard stroke events are 13 & Over and **will not** be scored as both 13/14 and 15 & Over.



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## Order of Events – Afternoon Session

Warm-ups will not begin before 1 pm.

Teams will be notified of afternoon start time after all entries are received.

GIRLS	Event Name	BOYS
18	8 & Under, 9/10 – 100 IM	18
19	8 & Under, 9/10 – 100 Free	19
20	6 & Under, 7/8 – 25 Butterfly	20
21	8 & Under, 9/10 – 50 Butterfly	21
22	6 & Under, 7/8 – 25 Freestyle	22
23	8 & Under, 9/10 – 50 Freestyle	23
24	6 & Under, 7/8 – 25 Backstroke	24
25	8 & Under, 9/10 – 50 Backstroke	25
26	6 & Under, 7/8 – 25 Breaststroke	26
27	8 & Under, 9/10 – 50 Breaststroke	27
28	8 & Under – Mixed 100 Freestyle Relay	28
29	10 & Under – Mixed 200 Freestyle Relay	29

### NOTES

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. Any points earned for 10 & under swimmers who compete in events 8, 10, 13 or 17 in the morning session will count toward their age group's high point award. Swimmer age on 12/1/18 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Mixed relays must include at least one (1) boy and one (1) girl.

Combined age-group and gender events will be scored and awarded as if swum as individual age-group/gender if the age group is noted separately.

The 200 Free Relay is 10 & Under and **will not** be scored as both 8 & Under and 9/10.