



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8th Annual Penguin Pentathlon Invitational

Held under the sanction of USA Swimming Inc. Sanction # OH-19LC-27AP

All proceeds will all be donated to the Promenschenkel Scholarship and the YMCA Camp Can Do and Livestrong Programs.

DATE

Sunday, June 23, 2019

LOCATION

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

DIRECTIONS

Directions available at: <http://www.teamunify.com/Home.jsp?tabid=0&team=ohltpy>
Click on ***Penguin Invitationals***

MEET DIRECTOR

Juli Kerscher: pentathlondirector@gmail.com

TIME SCHEDULE

MORNING SESSION: Warm-ups start at 9:00 am. Teams will be assigned warm-up lanes and times. Meet starts at 10:00 am.

AFTERNOON SESSION: Warm-ups will not begin before 1:00 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.

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-19LC-27AP. 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 SEOWV league and Ohio Swimming.

ENTRY LIMITATIONS

Athletes may sign up to either swim up to 5 events in their age group, up to 5 events in the OPEN category **or** a combination of 5 events total from both the age group and OPEN categories. Only athletes who swim all 5 events in their age group or all 5 events in the OPEN category are eligible for the Top Scorer and Runner-Up awards.

Example, a 12-year-old has three options.

- A. 9-12 Events:** 50 back, 50 breast, 50 fly, 50 free & 100 IM
- B. OPEN Events:** 200 back, 200 breast, 200 fly, 200 free & 200 IM.
- C. 9-12 Events and OPEN Events:** 100 IM, 50 Back, 50 Fly, 50 Free, 200 Breast.

Athletes swimming A and B are eligible for the Top Scorer or Runner-Up awards.

EVENTS BY AGE GROUP

Swimmer's age on **6/23/2019** will determine their age group.

7 & Under and Age 8:	100 IM, 25 Fly, 25 Back, 25 Breast, 25 Free, 500 Free (Exhibition Only), 200 Free (Exhibition Only)
Ages 9 through 12:	100 IM, 50 Fly, 50 Back, 50 Breast, 50 Free, 500 Free (Exhibition Only), 200 Free (Exhibition Only)
Ages 13 through 18:	100 Fly, 200 IM, 100 Back, 100 Breast, 100 Free
OPEN:	200 Fly, 200 IM, 200 Back, 200 Breast, 200 Free
Age 19 & Over:	100 IM, 25 Fly, 25 Back, 25 Breast, 25 Free (All Exhibition Only)



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SUBMITTING ENTRIES

This meet is open to YMCA Swim Teams. Please submit yard times for seeding.

No Time "NT" entries will not be accepted for any swimmers. Please use a best "guesstimate" of your swimmer's time when needed. Please only do this for strokes they are most likely to swim legally. We appreciate your help in enabling us to ensure that the meet runs on time.

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:

<https://www.teamunify.com/Home.jsp?tabid=0&team=ohltpy>

Click on ***Penguin Invitationals***

E-mail Hy-Tek entry file to: penguinscorekeeping001@gmail.com

YMCA Team Entries will not be accepted until Thursday, **June 6, 2019** and will be accepted in this order:

- **9 am – 12 pm:** Central Ohio YMCA teams
- **1 pm – 4 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. Deck entries and changes are prohibited.**

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 Thursday, June 13, 2019.** Please submit the following information to penguinscorekeeping001@gmail.com

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

ENTRY FEES

SEOWV League Surcharge: \$2 per swimmer

Meet Entry Fee: \$20.00 per swimmer, includes all 5 events (backstroke, breaststroke, butterfly, freestyle, and individual medley). The entry fee is the same regardless of whether a swimmer is registered for 1 event or for 5 events.

Entry fees will not be charged for the following Exhibition Only events:

- Event 3: 19 & Over 100 IM
- Event 6: 19 & Over 25 Fly
- Event 9: 19 & Over 25 Back
- Event 12: 19 & Over 25 Breast
- Event 15: 19 & Over 25 Free
- Event 18: 12 & Under 500 Free
- Event 23: 12 & Under 200 Free



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Because all proceeds from the Penguin Pentathlon will be donated to the Promenschenkel Scholarship and the YMCA's Camp Can Do and LiveStrong programs, we welcome any donations in lieu of entry fees for the above Exhibition Only events. Donations can be made at the Liberty Township YMCA Front Desk the day of the meet.

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: Pentathlon 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. All proceeds will be donated to the Promenschenkel Scholarship and the YMCA Camp Can Do and Livestrong programs.

MEET REFEREE

Amy Racke

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 to Graeter's Ice Cream. Gift cards are limited to the first 10 officials that sign-up to officiate.

AWARDS & SCORING

Awards will be available for pick up by coaches no sooner than 30 minutes after the end of the meet.

Heat Winners

Heat winners from both sessions receive DUCK BUCKS for the CHUCK-A-DUCK contest.

Individual Events

1st thru 6th place ribbons will be awarded for swimmers entered in 12 & under morning events only.

Pentathlon

Results are based on the composite time for the five events. Swimmers that compete in all 5 events in the same age group, **or** 5 events in the OPEN group will be eligible for the Top Scorer or Runner-Up awards. Any swimmer that is disqualified in one or more events will not be able to compete for the Pentathlon Top Scorer or Runner-Up awards.



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Top Scorer & Runner-Up trophies will be awarded for the following:

Girls

7 & Under
8 year olds
9 year olds
10 year olds
11 year olds
12 year olds
13 year olds
14 year olds
15-16 year olds
17-18 year olds
OPEN

Boys

7 & Under
8 year olds
9 year olds
10 year olds
11 year olds
12 year olds
13 year olds
14 year olds
15-16 year olds
17-18 year olds
OPEN

HEAT SHEETS

Heat sheets will be sold for \$5.00 each session or \$8.00 for both sessions.

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.

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

A bullpen **will** be provided for the **morning** session – **8 & Under events only**. Swimmers aged 9 and older are responsible for reporting to the blocks for their events.

There will be **no bullpen** for the **afternoon** session, swimmers participating in OPEN events and swimmers aged 13 and older are responsible for reporting to the blocks for their event.

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.

A vendor will be present selling swim apparel, equipment and supplies.

ONLINE AUCTION

All proceeds will be donated to the Promenschenkel Scholarship and the YMCA's Camp Can Do and Livestrong programs. Please see the last page of the meet packet for more information.



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CHUCK-A-DUCK

RULES OF PLAY

CHUCK-A-DUCKS are the property of the LTPY swim team and must be returned to the LTPY swim team at the completion of each contest. Each entry can be tossed into the pool only once. There will be a CHUCK-A-DUCK contest during the morning session and the afternoon session.

Participants will stand on deck at the shallow end of the pool behind the "line of play." Each participant will have one chance to toss their entry into the pool. Participants will take turns CHUCKING their DUCK in order to avoid confusion. Participants whose CHUCK-A-DUCK makes it into the goal will win a prize. Prizes will be awarded immediately after the participant CHUCKS their DUCK.

CONTEST ENTRY

The CHUCK-A-DUCK contest is open to anyone who would like to participate. There are two ways to become a participant:

- 1. Pentathlon Swimmers:** Win your heat and earn a CHUCK-A-DUCK contest entry.
- 2. Open to Everyone:** purchase a CHUCK-A-DUCK entry at the heat sheet sale table.
 - CHUCK 3 DUCKS for \$5 and receive 3 raffle tickets

CHUCK-A-DUCK RAFFLE

Raffles will be drawn at the conclusion of the morning and the afternoon CHUCK-A-DUCK session. Participant does not need to be present in order to win. Raffle prizes will be on display at the CHUCK-A-DUCK sales table.

CHUCK-A-DUCK CONTEST TIMES

The contest will take place in the outdoor pool. Contest times will be posted. In the event that the outdoor pool is closed, the contest will be held after the last swim in each session



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Entry fees due before the start of the meet.

8th Annual Penguin Pentathlon Invitational Order of Events – Morning Session

Warm-ups begin at 9:00 am. Meet begins at 10:00 am.
A warm-up schedule will be e-mailed to coaches before the meet.

**** PLEASE VERIFY THAT YOUR SWIMMERS ARE IN THE CORRECT AGE GROUP EVENT ****

Event	Age Group*	Distance	Stroke
1	9-12	100	Individual Medley
2	8 & Under	100	Individual Medley
3	19 & Over	100	Individual Medley
4	9-12	50	Butterfly
5	8 & Under	25	Butterfly
6	19 & Over	25	Butterfly
7	9-12	50	Backstroke
8	8 & Under	25	Backstroke
9	19 & Over	25	Backstroke
10	9-12	50	Breaststroke
11	8 & Under	25	Breaststroke
12	19 & Over	25	Breaststroke
13	9-12	50	Freestyle
14	8 & Under	25	Freestyle
15	19 & Over	25	Freestyle

NOTES

- Events will swim mixed gender, however will be scored and awarded as if swum as individual gender events that were swum separately.
- There will be separate awards for Girls and Boys.
- 19 & Over events are non-scoring events for coaches and parents.

AGE GROUPS FOR SCORING

- 7 & Under
- 8 year olds
- 9 year olds
- 10 year olds
- 11 year olds
- 12 year olds



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Entry fees due before the start of the meet.

8th Annual Penguin Pentathlon Invitational Order of Events – Afternoon Session

Warm-ups will not begin before 1:00 pm. Teams will be notified of the afternoon start time after all entries are received. A warm-up schedule will be e-mailed to coaches before the meet.

**** PLEASE VERIFY THAT YOUR SWIMMERS ARE IN THE CORRECT AGE GROUP EVENT ****

Event	Age Group*	Distance	Stroke
16	OPEN	200	Butterfly
17	13-18	100	Butterfly
18	12 & Under Exhibition Only	500	Freestyle
19	OPEN	200	Individual Medley
20	13-18	200	Individual Medley
21	OPEN	200	Backstroke
22	13-18	100	Backstroke
23	12 & Under Exhibition Only	200	Freestyle
24	OPEN	200	Breaststroke
25	13-18	100	Breaststroke
26	OPEN	200	Freestyle
27	13-18	100	Freestyle

NOTES

- Events will swim mixed gender, however will be scored and awarded as if swum as individual gender events that were swum separately.
- There will be separate awards for Girls and Boys.
- Event 18 & Event 23 are Exhibition only and will be limited to the fastest 12 swimmers for each event.

AGE GROUPS FOR SCORING

- 13 year olds
- 14 year olds
- 15-16 year olds
- 17-18 year olds
- OPEN



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LIBERTY TWP/POWELL YMCA

Click. Bid. Raise money for great Y programs!

**The Liberty Y Penguin Pentathlon Auction opens soon!
Now it's easier than ever to raise money for Camp Can Do and Livestrong**

Visit www.biddingowl.com/PenguinPentathlon19 to get started

Bid on an exciting array of items including:

- Private lessons with some of Central Ohio's top swim coaches
- Sporting event tickets
- Much more!

Bidding closes Sunday, June 23rd at 6:00 p.m.

Check back often, since we'll be adding new items each week

All funds raised will benefit the Promenschenkel Scholarship and the YMCA's Camp Can Do and Livestrong Programs

The Promenschenkel Scholarship is awarded annually to one swimmer and one community member who exemplify outstanding character traits. Camp Can Do is a summer day camp for children and young adults, ages 6-21, with moderate to intensive special needs. Livestrong offers adults affected by cancer a safe, supportive environment to participate in physical and social activities.

This auction also honors the hundreds of area swimmers competing in our 8th Annual Penguin Pentathlon event held at the Liberty YMCA on Sunday, June 23, 2019.

Your business can contribute an auction item

For more information or to contribute an item from your family or business in the auction, please send an email to pentathlondirector@gmail.com.

Event Location:

The Liberty Twp/Powell YMCA

7798 N. Liberty Rd, Powell, OH 43065

614.839.9622 or 740.881.1058

www.ymcacolumbus.org/liberty

To Bid:

1. Visit:
www.biddingowl.com/PenguinPentathlon19
2. Register in a few easy steps
3. Browse auction items and start bidding
4. You will receive text alerts every time you're outbid and if you've won your item!