**Annual All-Star Pentathlon
Sponsored by Penguin Swimming
Sunday, July 16th, 2017**

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| **PURPOSE:** | To provide all Youngstown Swim League swimmers with an opportunity to participate in a fun sprint completion that demonstrates their ability to swim all four competitive swim strokes. |
| **LOCATION:** | Youngstown State University, Beeghly Center Natatorium, Spring St. Youngstown, OH, 44515. |
| **POOL:** | 25 yard by 8 lane competition pool with 10 lane warm-up and down area; Colorado electronic timing and eight lane digital readout scoreboard with touch pads. |
| **STARTING TIMES:** | There will be a 45 minute warm-up session; 9:00 – 9:45 am, with the meet starting promptly at 10:00 am. |
| **ENTRY DEADLINE:** | The due date for the electronic entries is **NOON, Friday, July 7, 2017**. You may e-mail the entry chair (kristenlkintzman@gmail.com) to request the event file or download the event file from [www.penguinswim.com](http://www.penguinswim.com). A signed waiver/liability form for each swimmer and a check for the total amount of your team entry are necessary to complete registration is due by the day of the meet. Fess may be mailed to **Kristen Kuntzman 102 Withers Dr. Boardman, OH 44512** prior to the meet. Questions? Contact Kristen Kuntzman, 330-501-9748, kristenlkuntzman@gmail.com. |
| **ENTRY FEES:** | $25 per individual swimmer (one fee for the whole meet). All swimmers must turn in fees to their individual coaches for submission to Penguin Swimming. Individual Swimmer entries **WILL NOT BE ACCEPTED UNLESS SUMBITTED BY A YSL COACH**. Please send **ONE (1)** check for the total amount of your team entry, payable to: ***Penguin Swimming***. |
| **ELIGIBILITY:**  | Swimmers must be members in good standing of a YSL member team. Ages as of June 1, 2012 should be used for meet entry. The age grouping is as follows: 8 and Under, 9-10, 11-12, 13-14, and 15-18. Each team can send 5 girls and 5 boys in age group and as many other at-large swimmers, any age/sex, that can swim all strokes legally (butterfly, backstroke, breaststroke, freestyle). |
| **CONDUCT:****RETURN TO PLAY LAW** | The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the YSL By-laws. All officials are certified.Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at http://www.healthyohioprogram.org. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement. |
| **EVENTS:** | **8 & Under**: 25 Fly, 25 Breast, 25 Back, 25 Free**9-10:** 50 Fly, 50 Breast, 50 Back, 50 Free, 100 yard IM**11-12:** 50 Fly, 50 Breast, 50 Back, 50 Free, 100 yard IM **13-14:** 50 Fly, 50 Breast, 50 Back, 50 Free, 200 yard IM **15-18**: 50 Fly, 50 Breast, 50 Back, 50 Free, 200 yard IM |
| **SEEDING:**  | Seeding in the individual stroke events is at random. Heat and lane assignments will be published in the heat sheets the day of the event. Seeding for the IM will be determined by accumulating each swimmer’s times in the four individual strokes. The IM will be held after a short break following the freestyle events. The age group IM heats will be run, slowest to fastest, with the eight swimmers with the least total time in the individual stroke events swimming in the final heat. **All 10 & Under swimmers must report to the clerk of course for all events. 11 & Overs will be responsible to making it to the blocks for their individual events. Heat and lane sheets will be posted in the pool for older swimmers. All swimmers will report to the Clerk of Course to be lead in for the I.M.’s**. |
| **SCORING:** | There will be no team scoring for this event. Each swimmer’s times in their individual events willbe added together and the swimmer will be ranked accordingly, within his/her gender and age group. |
| **AWARDS:** | The following will be awarded at the conclusion of the meet, based on lowest overall times for the5 individual events (swimmers aged 9 & older) and 4 individual events for 8 & Under, for each male and female age group. **Trophies: 1st-3rd place** **Ribbons: 4th – 8th place*****AWARDS WILL NOT BE HANDED OUT TO PARENTS/SWIMMERS. AWARDS WILL ONLY BE HANDED OUT TO COACHES. ALL YSL CLUB COACHES WILL RECEIVE AWARDS AT THE END OF THE MEET.*** |
| **RESULTS:** | Results will be posted throughout the meet. All final results will be available for .pdf download at www.penguinswim.com, by Tuesday, July 19, 2017. |
| **COACHES:** | Packets for coaches will be available at the scorer’s table in front of the stairs. Coaches are responsible for the conduct and supervision of their swimmers. No food or drink on the pool deck. Please instruct your swimmers to clean up their team area at the conclusion of the competition. **Please help us keep Beeghly Center clean.** |
| **SAFETY/WARM-UP:** | **All parents/guardians will be required to sign a Waiver/Release of liability form for each pentathlon swimmer.** Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up , except in designated sprint lanes. Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules. Only athletes entered in the meet, working coaches, officials and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.**No recording devices, including cell phones, can be used in the locker rooms during the warm-ups or competition.** |
|  | Anyone that is a USA Swimming certified official or a YSL certified official is welcome to assist Penguin swimming in hosting this meet. Please contact the meet director, Jennifer Aulizia (daulizia1@neo.rr.com), if at all possible in advance, to let her know of the availability of any officials from your team who would like to volunteer to work this meet. **Please note: it is not mandatory for participating teams to provide either meet workers or officials for this meet. Participation is voluntary.** |
| **ADMISSION:** | There will be **no** admission charge for spectators. Programs will be $3.00 |
| **CONCESSION:** | A concession stand will be available throughout the meet. |
| **PARKING:** | Parking will be available in the M24 lot located on the west side of Fifth Avenue. YSU charges $5.00 for parking. |
| **APPAREL:** | Special All-Star Pentathlon latex swim caps will be for sale the day of the meet ONLY.  |
| **WEBSITE:** | For additional meet info, please visit the Penguin swimming website at **www.penguinswim.com** |
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