

Springfield YMCA Pentathlon

October 4th, 2014

- Location:** Foster Natatorium
660 N Eastgate Rd
Springfield, MO 65802
- Facility:** Short course, 25 yd, 6 lane pool with electronic starting/timing system. Deep end starts with diving blocks. The warm up pool will be guarded and available throughout the meet, but there is no diving in *that* pool and coaches are responsible for their swimmers.
- Time:** Warm ups start at 7:00am.* Meet is from 8:00am ~ 1:00. There will be a coaches and officials meeting at 7:45 on the pool deck and a timers meeting at 7:55.
- Heat Entries:** Heats will be seeded according to entry times. Swimmers without times will be seeded last. Heats will be combined to save time.
- Entry Limit:** Each swimmer may swim up to five events. They do not *have* to swim all 5 unless they are competing for Pentathlon awards.
- Entry Deadline:** All entries must be received by 6:00 pm Wednesday, October 1st. All entries received after deadline will be treated as deck entries and subject to a \$5 late fee unless arrangements are made with Springfield coach. Deck entries close at 7:00am the day of the meet. Scratches are due by 7:30am.
- Entry Fee:** \$20.00 per swimmer.
- Payment:** Team Payment of entry fees are to be made with one check made out to "Pat Jones Y"
- Age-Up Date:** December 1st, 2014. All swimmers will compete in the age group they will be on that date. For example, if you turn 11 on November 30th, 2014, you will be swimming in the 11-12 age group on October 4th.
- Warm-Ups:** Warm-up assignments will be determined by the meet host based on the number of entries received by each team.* They will be emailed to the team contacts prior to the start of the meet.

YMCA rules and regulations allow no diving into the pool during the warm-up period except during the designated sprint session. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the YMCA officials and marshals in charge of the area.

Timers: Each YMCA may be required to provide timers based upon their number of entries.

Viewing & Crash Area:

Spectator seating will be on the large section of bleachers. Crash areas for the teams will be in a separate bleacher section. There will be a section of deck roped off around the pool that is for coaches, officials and lifeguards ONLY. ***This will be strictly enforced.*** Coaches, please keep your swimmers off deck. They can cheer on their teammates from behind the rope or from the bleachers. If you need to talk to your swimmers, please meet them at the rope. If necessary, the entire team will be penalized if they allow swimmers on deck.

Services: A concession stand will be available throughout the meet. A hospitality room will be available for officials and coaches only. Heat Sheets will be available for sale for \$1.

Awards: All the events will be awarded medals for 1st-3rd and ribbons 4th-6th. For the Pentathlon awards, Trophies will be given to 1st-3rd (male & female) in each age group (6&U, 7-8, 9-10, 11-12, 13-14, 15-18) who successfully finish all 5 events. There will be no team awards at this meet, although team scores will be announced.

Scoring: Pentathlon scoring will use an accumulation of race times. Swimmers MUST swim all 5 events to qualify for these awards. Swimmers with a DQ in an event will add 1 minute to the ***slowest legal time*** in that event but will still be eligible for awards based on the adjusted time. Times will be broken down by age group.

*continuous warm-up/warm-down will be available throughout the meet.