

## ROCKTOBER PENTATHALON

Hosted by

CFYN Tigersharks

Sunday, October 19, 2014

Held under USA Swimming Approval # LE 1483 SA;

In granting this approval, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION:** Ocasek Natatorium, University of Akron, 402 Carroll St, Akron, Oh 44304.

**POOL:** 25 yards by 8 lanes, with Colorado Timing system and digital scoreboard. Continuous warm-up and warm-down during competition will be available. Concessions will be available throughout the meet. Free parking in lots adjacent to the natatorium. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 14 feet, 0 inches. The depth at the turn end is 8 feet, 0 inches.

**RACING STARTS:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**STARTING TIMES:** Warm up is from 9:00 a.m. to 9:30 a.m.. All swimmers 13 and over and 11/12 girls will warm up in the warm-down pool. All 10 and under swimmers and 11/12 boys will warm up in the competition pool. The competition pool will be open from 9:30 until 9:45 for starts for all swimmers. Warm ups shall be split further if the average number of swimmers per lane is scheduled to exceed fifteen (15) swimmers per lane. The finalized warm up plan may be found at [www.cfyntigersharks.com](http://www.cfyntigersharks.com) by Wednesday, October 15..

**ENTRY DEADLINE:** Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at [www.neoyswim.org](http://www.neoyswim.org). Send entries to Keith Turnbull at [Entries@cfyntigersharks.com](mailto:Entries@cfyntigersharks.com). Entries must be received by midnight, October 12, 2014. Mail check payable to CFYN Swim Boosters to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222.

**TEAM SUPERVISION:** Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes.

**RETURN TO PLAY LAW:** 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.

**ENTRY FEES:** \$17.00 per swimmer which includes all five (5) events. There is a \$1.00 per swimmer surcharge for heat sheet printing privileges. Heat sheets will be available for printing at no additional charge at [www.cfyntigersharks.com](http://www.cfyntigersharks.com) by Noon on Saturday, October 18

**ENTRY LIMITATIONS:** Swimmers must swim each of the five events to be eligible for the overall awards. Swimmers may choose to swim less than the 5 events, but the entry fee will not be pro-rated. Each 8 and under will swim 25 yards of each stroke plus a 50 yard free. Each swimmer 9/10 and 11/12 will swim 50 yards of each stroke plus a 100 yard IM. Each swimmer 13 and over will swim 100 yards of each stroke plus a 200 yard IM. NT entries will not be accepted. Please provide an estimated time for each swimmer for each event.

**DECK ENTRIES:** Deck entries will be taken on a space available basis up to 35 minutes before the start of the meet and seeded as NT. No additional heats will be added to accommodate deck entries. Deck entrants should sign up at the deck entry table @ \$20 per swimmer.

**ELIGIBILITY:** This is a closed YMCA invitational swim meet. All swimmers must be current athlete members of a YMCA swim team. This meet meets the requirements of a closed YMCA meet in determining eligibility to compete in the YMCA Great Lakes Zone meet. All coaches must display the deck pass (wristband) issued by the meet host. Only coaches, swimmers, and meet personnel will be permitted on deck. Age is determined as of December 1, 2014.

**CONDUCT:** The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures, and the NEO/YMCA Swim League. All events will be timed finals. Heats will be seeded based on times and run slowest to fastest. Multiple age groups will be combined, but the events will be scored by age groups 8 & under, 9/10, 11/12, 13/14, and 15 and over. 25 yard events will start from the blocks on the bulkhead.

**SEEDING & CHECK IN:** Events will be pre-seeded. There is no check in for this meet. There is no penalty for failure to compete, however, a swimmer must swim all five events in his/her age group to be eligible for an overall award.

**CLERK OF COURSE:** A Clerk of Course will be provided for 8 and unders, only.

**SWIMMERS WITHOUT COACH SUPERVISION** must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

**SCORING:** Points for each event will be awarded as follows from 1st through 10th places: 11, 9, 8, 7, 6, 5, 4, 3, 2, and 1.

**AWARDS:** Overall awards will be determined by the point total for all five events. Plaques will be awarded for the top 8 finishers in each age group for both boys and girls. In the event of a tie, a coin will be flipped and the winner will receive the plaque the day of the meet. A duplicate plaque will be mailed to the other swimmer ASAP. Ribbons will be awarded for the top 8 finishers in each event/age group.

**ADMISSION COST:** \$5.00 Adults; all children are FREE. A limited number of heat sheets will be available at \$5.00 each. Everyone is encouraged to print heat sheets at no additional cost at [www.cfyntigersharks.com](http://www.cfyntigersharks.com). Heat sheets will be posted at this web address by noon on Saturday, October 18.

**PARKING:** Parking is free at the lots adjacent to and across the street from the natatorium and at the parking garage at the corner of Carroll and Spicer Streets.

**RESULTS:** Will be posted on the NEO YMCA League website. Teams may request a backup at the conclusion of the meet. Results will also be submitted to the USA Swimming SWIMS database **if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry.**

**SAFETY/WARM-UP:** Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. **Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge.** There is no diving during warm-ups, except during the portion of the warm-up specifically designated for starts. During the portion of the warm-up designated for starts, swimmers are to sprint one way and climb out at the far end of the pool. **The feet first entry with one hand in contact with the pool deck will also be enforced in the warm-up/warm-down pool throughout the entire meet.** Swimmers may be removed from warm-up for violating safety rules.

**CAMERA ZONES:** Use of audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

**DECK CHANGES:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**OFFICIATING OPPORTUNITY** – Anyone that is a USA Swimming or YMCA certified official is welcome and encouraged to join the officials in working this meet. Please contact the meet director in advance of the meet if at all possible to let him/her know of

your availability. [Lake Erie USA Swimming](#) is also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director's name and email: Keith Turnbull, [lesmorte@gmail.com](mailto:lesmorte@gmail.com)

Official's Chair: Al Kominek, [allan\\_k2000@yahoo.com](mailto:allan_k2000@yahoo.com).

**COACHES:** There will be a coaches meeting under the diving boards at 9:45 am.

**NOTE:** 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.

**MEET DIRECTOR:** Keith Turnbull      [lesmorte@gmail.com](mailto:lesmorte@gmail.com)      330-203-9037

**ENTRY PERSON:** Keith Turnbull      [Entires@cfyntigersharks.com](mailto:Entires@cfyntigersharks.com)      330-203-9037

**EVACUATION PLAN:** **Spectator Emergency Evacuation Plan:** In the event of an alarm or emergency evacuation, remain calm, walk to the nearest exit, and leave the building. Do not use the elevators. Do not attempt to go on deck or into the locker rooms. **Deck Emergency Evacuation Plan:** Swimmers will be directed by their coaches or meet workers to exit via the doors on the south side of the pool deck near the 1 meter diving board or at the shallow end of the warm-up pool. Meet personnel will also exit through these doors.

**CFYN ROCKTOBER PENTATHALON**  
**SCHEDULE OF EVENTS**  
**SUNDAY, OCTOBER 19**  
9:00 Warm-up, 10:00 Meet Start (Timed Finals)

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
1	8 & under 25 free	2
3	9-12 50 free	4
5	13 & over 100 free	6
7	8 & under 25 fly	8
9	9-12 50 fly	10
11	13 & over 100 fly	12
13	8 & under 25 back	14
15	9-12 50 back	16
17	13 & over 100 back	18
19	8 & under 25 breast	20
21	9-12 50 breast	22
23	13 & over 100 breast	24
25	8 & under 50 free	26
27	9-12 100 IM	28
29	13 & over 200 IM	30