

Goldsboro YMCA
Thanksgiving Pentathlon
November 20-21, 2010

- SANCTION:** Held under the sanction of USA Swimming Inc., issued by North Carolina Swimming, Inc. NC10109.
- CLASSIFICATION:** This meet is open to all USA Swimming registered athletes.
- LOCATION:** Goldsboro Family YMCA, Goldsboro, North Carolina
- FACILITY:** Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 25YD pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are seven feet wide and the depth at the starting end is 12 feet deep. A separate 8-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The pool is not certified by USA Swimming.
- RULES:** This meet will be conducted in accordance with current USA and NCS rules as specified in the USA Rules and Regulations and NCS Official Handbook.
- ELIGIBILITY:** All swimmers must be registered with United States Swimming.
- The Goldsboro YMCA welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit The Goldsboro YMCA's ability to accommodate all requests.
- ENTRIES:** Submit entries on by email to tammy.yates@goldsboroymca.org. List swimmers age as of November 20, 2010. All relay only swimmers, including alternates, must be entered in the submitted entry file and pay the NCS travel fund surcharge of \$4.00 and the \$5.00 Facility charge.
- ENTRY LIMITS:** Swimmers are limited to five individual events and one relay per day. To be eligible for the Pentathlon Award, a swimmer must compete in the max of 5 individual events each day.
- ENTRY DEADLINE:** Entries must be received no later than 11:59pm Wednesday November 10, 2010. E-mail entries will be accepted. The meet will be limited to the first 400 entries received with all necessary forms and fees.
- SEND ENTRIES TO:** Tammy Yates
P.O. Box 10355
E-Mail: tammy.yates@goldsboroymca.org
(w) 919-778-8557
(fax) 919-778-8645
- ENTRY FEES:**
- | | |
|--------------------|--------------------|
| Individual events: | \$2.50 |
| Relays: | \$8.00 |
| Pool Surcharge: | \$5.00 per swimmer |
| NCS Travel Fund: | \$4.00 per swimmer |
- Make checks payable to: Goldsboro Family YMCA
Entry fees are non-refundable.

PENTATHLON WINNER SCORING:

To be eligible for each day's Pentathlon Award, a swimmer must compete in all five events offered in that session on that day. Pentathlon scoring consists of the total accumulated time for all five events swum each day. The day's winner will be the swimmer who accumulates the least amount of time for all five events. If a swimmer is disqualified in an event, for Pentathlon scoring purposes, that swimmer will receive a time 5 seconds slower than the slowest finisher's time in that event.

Medals will be awarded to the top Pentathlon Winner for each gender in each of 8&UN, 9-10, 11-12, 11-12, 13-14 & 15-18 age groups on Saturday and again on Sunday. In the event of a tie, the winner will be the swimmer with the fastest time in the IM events.

- AWARDS: Pentathlon Winners: Small Trophy for each Pentathlon Winner
Individual Events: Ribbons 1st – 8th place
Relays: Ribbons 1st – 3rd place
- MEET DIRECTOR: Tammy Yates
- MEET REFEREE: Bill Luse
- MEET MARSHAL: YMCA Lifeguards
- STARTING TIMES: Saturday & Sunday AM Sessions-Warm-ups: 7:30am-8:20am / Timed Finals: 8:30am
Saturday & Sunday PM Sessions-Warm-ups: Not Before 12:00pm / Timed Finals:
Not Before 1:00pm
- SAFETY: The NCS safety program is in effect at this meet. Coaches are required to closely supervise their swimmers at all times. In the event that a swimmer or any associated with a team are found to be violating posted rules for use of the Family YMCA or any other restrictions that are posted for the safety of the people in attendance or to protect Family YMCA property the individuals will be reported to the Meet Director or one of the Meet Marshals who will notify the coach. Any coach notified will be expected to take appropriate disciplinary action up to and including expulsion of the person from the meet. The Meet Director, Meet Marshal, or Referee may also take disciplinary action. **NO PARENTS WILL BE ALLOWED ON THE DECK UNLESS THEY ARE WORKING AS AN OFFICIAL OR A TIMER. THERE WILL BE NO EXCEPTION.**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- WARM-UPS: General warm-ups will be for the first 35 minutes of each session. Specific warm-ups will be for the next 15 minutes. Lanes 2, 3, 6, 7 will be dive starts from the scoreboard end. Lanes 1 & 8 will be pace lanes. Lanes 4 & 5 will be general warm-up lanes. Each coach will be provided a copy of warm-up lane assignments when they pick up their heat sheets.
- OFFICIALS: We welcome all USA Swimming certified officials on deck. Please contact the meet director or meet referee if there are officials from your team who would be willing to help. There will be an officials' meeting in hospitality 30 minutes prior to each session.
- COACHES MEETING A coaches meeting will be held 10 minutes prior to the start of competition at the foot of the scoreboard. *All coaches and officials on deck must be registered and*

certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.

TIMERS: Each team needs to supply timers for each session of the meet. The number of timers from each team should be commensurate with the number of swimmers competing from that team.

RELEASE: USA Swimming, Inc., NC Swimming, Goldsboro Family YMCA and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**Goldsboro YMCA
Thanksgiving Pentathlon
Order of Events**

Saturday Morning 11-12, Senior Session

Warm-ups at 7:30 AM - Competition at 8:30 AM

<u>Girls</u>		<u>Boys</u>
1	11-12 100Y BREAST	2
3	13-18 100Y BREAST	4
5	11-12 50Y FLY	6
7	13-18 200 FLY	8
9	11-12 50Y FREE	10
11	13-18 50Y FREE	12
13	11-12 100Y BACK	14
15	13-18 100Y BACK	16
17	11-12 200Y IM	18
19	13-18 200Y IM	20
21	11-12 200 Y MEDLEY RELAY	22
23	13-18 200Y MEDLEY RELAY	24

Saturday Afternoon 10 and Under Session

Warm-ups not before 12:00 PM - Competition not before 1:00 PM

<u>Girls</u>		<u>Boys</u>
25	10 & UN 200Y FREE	26
27	8 & UN 100Y FREE	28
29	10 & UN 50Y BREAST	30
31	8 & UN 25Y BREAST	32
33	10 & UN 100Y FLY	34
35	8 & UN 50Y FLY	36
37	10 & UN 50Y FREE	38
39	8 & UN 25Y FREE	40
41	10 & UN 100Y BACK	42
43	8 & UN 50Y BACK	44
45	10 & UN 200Y MEDLEY RELAY	46
47	8 & UN 100Y MEDLEY RELAY	48

Sunday Morning 11-12, Senior Session
Warm-ups at 7:30 AM - Competition at 8:30 AM

Girls		Boys
49	11-12 100Y FREE	50
51	13-18 100Y FREE	52
53	11-12 50Y BACK	54
55	13-18 200Y BACK	56
57	11-12 100Y FLY	58
59	13-18 100 FLY	60
61	11-12 50Y BREAST	62
63	13-18 200Y BREAST	64
65	11-12 200Y IM	66
67	13-18 200Y FREE	68
69	11-12 200Y FREE RELAY	70
71	13-18 200Y FREE RELAY	72

Sunday Afternoon 10 & Under Session
Warm-ups not before 12:00 PM - Competition not before 1:00 PM

<u>Girls</u>		<u>Boys</u>
73	10 & UN 100Y FREE	74
75	8&UN 50Y FREE	76
77	10&UN 50Y BACK	78
79	8&UN 25Y BACK	80
81	10&UN 100Y BREAST	82
83	8&UN 50Y BREAST	84
85	10&UN 50Y FLY	86
87	8&UN 25Y FLY	88
89	10&UN 100Y IM	90
91	8&UN 100Y IM	92
93	10&UN 200Y FREE RELAY	94
95	8&UN 100Y FREE RELAY	96

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Entry Summary

Age Group	Total # of Swimmers	NCS Travel Fee (@\$4/Swimmer)	Facility Surcharge (@\$5/Swimmer)	Total # of Individual Entries	Individual Entry Fees (@ \$2.50)	Total # of Relays	Total Relay Fee (@ \$8.00/Relay)	Total Entry Fee
Girls 8 & Under								
Boys 8 & Under								
Girls 9 - 10								
Boys 9 - 10								
Girls 11 - 12								
Boys 11 - 12								
Girls 13 - 14								
Boys 13 - 14								
15-18 Girls								
15-18 Boys								
Totals								

TOTAL NCS TRAVEL: \$ _____
 TOTAL FACILITY SURCHARGE \$ _____
 TOTAL INDIVIDUAL ENTRY FEES \$ _____
 TOTAL RELAY FEES \$ _____
TOTAL FEES \$ _____

Return this summary
 sheet with entry fees
 and entry forms to:
Attn. Coach Tammy Yates
Goldsboro Family Y
P.O. Box 10355
Goldsboro, N.C. 27532

Make your check payable to the "Goldsboro Family Y"

USA SWIMMING, INC, NORTH CAROLINA SWIMMING, INC., GOLDSBORO FAMILY Y, AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES ON CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS MEET.

Head Coach's Signature _____ Phone # _____

Print Coach's Name _____ E-Mail Address _____