



Chambersburg Memorial YMCA Mini Pentathlon

Saturday, June 3 2017

At the Chambersburg Memorial YMCA

Purpose: To provide YMCA swimmers with a challenging opportunity to swim all four strokes plus the IM in a single-session short course meter format (5 Total Races). Twelve and under swimmers will have the opportunity to choose to swim either 100's or 50's of the strokes, plus the 100 IM. 8 & unders will have the opportunity to swim 25's or 50's of the strokes, plus the 100 IM. 13 & overs will swim mixed events, and will compete in the 100's of each stroke, along with the 200 IM.

The events will be split into tiers or levels – i.e. 25's of each stroke, 50's of each stroke, or 100's of each stroke (plus IM). Swimmers will choose which level to compete, and subsequently must stay on the events offered within that level (the levels are posted on the next page). The purpose of the selection should not be for each swimmer to choose the level which he or she can most easily "win", but to choose the level which most challenges the individual.

Swimmers will be given a score based upon their total time for all events completed. The score achieved at the Pentathlon will serve as a baseline for each swimmer to try to improve upon as the summer progresses.

Facilities: Walker Natatorium, Chambersburg YMCA, 570 East McKinley Street, Chambersburg, PA. This meet will be held in our 6-lane 25-meter pool, which is equipped with a fully automatic Colorado timing system with a 6-lane display board.

Eligibility: Swimmers must meet the eligibility requirements as required by the YMCA Swim Coaches Association of Pennsylvania, which follow the YMCA black book. The swimmers age as of 6/1/17 will determine the age group in which he/she will be competing.

Rules: This Meet is governed by the current 2017 USA Swimming ("USA-S") Technical Rules. All events are timed finals. This is a CLOSED YMCA meet.

Seating Area for Swimmers: Will be in Edwards Gym behind Walker Pool. Please no food or drink in this area. Our parents association will be running a concession stand during the meet, which is located in the Teen Center.

Officials: If you have any officials willing to help at this meet please send their names along with your entries.

Entries: Entries must be emailed to the following address: hcormany@chbgy.org

Entry Fees: \$ 2.50 per Event. One check per team made payable to: **CYCAPA**.

Entry Deadline: ALL ENTRIES MUST BE RECEIVED BY **Thursday, June 1, 2017**. Deck entries will be permitted at the discretion of the meet director, and will be \$5.00 per event.

Please Mail Check to:

Chambersburg Memorial YMCA
c/o Katie Kough
570 E McKinley St
Chambersburg, PA 17201



Time Schedule:

Session 1 (10 & under shorter events)

Warm-ups: 8:00 AM

Session Starts: 9:00 AM

Session 2 (longer events for 12 & under swimmers, plus short events for 11-12's, and all 13 & overs)

Warm-Ups 11:30 AM

Session Starts 12:30 PM

Event Level Selection

8 & under options – Session 1:

Level 1 – 25's of each stroke, plus 100 IM. *Events 1&2, 5&6, 9&10, 13&14, 17&18*

Level 2 – 50's of each stroke, plus 100 IM. *Events 3&4, 7&8, 11&12, 15&16, 17&18*

9-10 options – Session 1 or Session 2:

Level 1 – 50's of each stroke, plus 100 IM. *Events 3&4, 7&8, 11&12, 15&16, 17&18 (Session 1)*

Level 2 – 100's of each stroke, plus 100 IM. *Events 19&20, 24&25, 29&30, 34&35, 37&38 (Session 2)*

11-12 Options – Session 2:

Level 1 – 50's of non-free strokes, plus 100 free & 100 IM. *Events 21&22, 26&27, 31&32, 35&36, 37&38*

Level 2 - 100's of each stroke, plus 100 IM. *Events 19&20, 24&25, 29&30, 34&35, 37&38*

13 & Over Swimmers

One level – *Events 23, 28, 33, 36, 39. Male and female swimmers will be seeded according to time and will compete in heats based solely on seed times.*



Session 1: 10 & Under (Shorter Events)

Warm-ups at 8:00 AM, Session Starts at 09:00 AM

Event

- 1 Girls 8 & Under 25 Butterfly
- 2 Boys 8 & Under 25 Butterfly
- 3 Girls 10 & Under 50 Butterfly
- 4 Boys 10 & Under 50 Butterfly
- 5 Girls 8 & Under 25 Backstroke
- 6 Boys 8 & Under 25 Backstroke
- 7 Girls 10 & Under 50 Backstroke
- 8 Boys 10 & Under 50 Backstroke
- 9 Girls 8 & Under 25 Breaststroke
- 10 Boys 8 & Under 25 Breaststroke
- 11 Girls 10 & Under 50 Breaststroke
- 12 Boys 10 & Under 50 Breaststroke
- 13 Girls 8 & Under 25 Freestyle
- 14 Boys 8 & Under 25 Freestyle
- 15 Girls 10 & Under 50 Freestyle
- 16 Boys 10 & Under 50 Freestyle
- 17 Girls 10 & Under 100 IM
- 18 Boys 10 & Under 100 IM

Session 2: 9 & Over (Longer Events) Plus 11-12 Shorter Events

Warm ups at 11:30 AM, Session Starts at 12:30 PM

Event

19. Girls 12 & Under 100 Butterfly
20. Boys 12 & Under 100 Butterfly
21. Girls 11-12 50 Butterfly
22. Boys 11-12 50 Butterfly
23. Mixed 13 & Over 100 Butterfly
24. Girls 12 & Under 100 Backstroke
25. Boys 12 & Under 100 Backstroke
26. Girls 11-12 50 Backstroke
27. Boys 11-12 50 Backstroke
28. Mixed 13 & Over 100 Backstroke
29. Girls 12 & Under 100 Breaststroke
30. Boys 12 & Under 100 Breaststroke
31. Girls 11-12 50 Breaststroke
32. Boys 11-12 50 Breaststroke
33. Mixed 13 & Over 100 Breaststroke
34. Girls 12 & Under 100 Freestyle
35. Boys 12 & Under 100 Freestyle
36. Mixed 13 & Over 100 Freestyle
37. Girls 12 & Under 100 IM
38. Boys 12 & Under 100 IM
39. Mixed 13 & Over 200 IM

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Entry Check List- submit with your entry

TEAM INFORMATION

Team Name: _____

Coach: _____

Entry Contact Person: _____

Entry Contact Phone: _____

Coach's E-mail: _____

Number of Individual events: _____ x \$2.50= _____

TOTAL: _____

Make check payable to CYCAPA

Mail to:

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