



# Riptide Swimming Pentathlon Sunday, June 13 2010

<b>PURPOSE:</b>	To provide swimmers with a fun sprint competition. A closed Y meet for National Qualifying and a chance to swim all 5 events.
<b>LOCATION:</b>	Lionville Community YMCA 100 Devon Drive Exton, PA 19341 Emergency calls the day of the meet: 610-363-9622
<b>FACILITY:</b>	Lionville Community YMCA, Hankin Natatorium This meet will be run in a 6 lane, 25-yard indoor pool with fully automatic timing. The starting end has a depth of 12 feet. The facility is equipped with Competitor lane lines, Colorado Timing System, Aqua Grip electronic pads, and a six line readout scoreboard.
<b>ELIGIBILITY:</b>	This meet is open to swimmers who are current, full-privilege members of their respective YMCA . Swimmers will compete in age groups based on their age as of May 1st, 2010. Swimmers must compete in their own age group
<b>WARM-UP:</b>	USA Swimming safety procedures will be enforced throughout the meet. Session 1: 12:35-1:00 PM – Teams will be assigned after entries received Session 2: 1:00-1:25 PM Meet Start 1:30 PM (4.5 Hour Time Limit) No diving or backstroke starts will be permitted except during designated sprint sessions. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules.
<b>CONTACTS:</b>	<b>Meet Director</b> Chris McIlroy <a href="mailto:c_mcilroy@msn.com">c_mcilroy@msn.com</a> 610-524-9188 <b>Entry Coordinator Vickie Hewitt</b> Email: Vickie Hewitt <a href="mailto:mamahew@gmail.com">mamahew@gmail.com</a>  <b>OFFICIALS COORDINATOR</b> Bert Hewitt, 610-524-2982 Email: <a href="mailto:wehewitts@erols.com">wehewitts@erols.com</a>
<b>ENTRY FEES:</b>	\$20.00 per individual swimmer (one fee for the whole meet).  Please send ONE (1) check for the total amount of your team entry, payable to LCY Swim Team Parents.

ENTRY DEADLINE:	<p>Electronic entry files must be received via email by <b>MONDAY, June 7th.</b></p> <p><b>Electronic entry files should be emailed to the Entry Coordinator:</b>  Vickie Hewitt  Email: <a href="mailto:wehewitts@erols.com">wehewitts@erols.com</a></p> <p><b>Meet reports and payment should be sent to:</b>  Chris McIlroy c_mcilroy@msn.com  227 Spring Run Lane  Downingtown, PA 19335  Or brought to the meet that day</p>
AWARDS:	<p>The meet will be awarded as both a Time Standards (A, B, C) and a Pentathlon meet. Ribbons will be awarded 1<sup>st</sup> to 6<sup>th</sup> based on results for all three levels (A, B, C per age group).</p>
TIME STANDARDS	<p>Each event will be awarded on USA Swimming Top 16 Based Motivational Standards (A/B/C).</p>
PENTATHLON AWARDS	<p>Each swimmer's five times are added together and then the swimmer is ranked accordingly within his/her gender and age group. The top three overall swimmers in each gender and age group will be awarded a trophy. Swimmers who scratch or do not enter all five events are not eligible for Pentathlon awards. Swimmers who DQ in any event will become exhibition in the Pentathlon awarding.</p>
Gymnasium seating	<p>The swimmers will be housed in the YMCA gymnasium. The gym is traditionally much cooler than the pool deck. Please consider this when preparing for the meet.</p>
ADMISSION:	<p>Adults (19&amp;O): \$3.00  Children (18&amp;U): Free  Program: \$2.00</p>
RESULTS:	<p>Final Results will be available on the LCY Swimming website in a (HTML) printable format. MM backup and TM meet results import file will also be available for download.</p>
VOLUNTEERS:	<p>We are asking for 1 or 2 volunteers per team to help with the meet. Volunteers are needed as timers or officials. Volunteers get free admission.</p>
DECK ACCESS:	<p>By USA Swimming rules, deck access are limited to swimmers, coaches, officials &amp; meet workers.  Officials and meet workers must wear their credentials to be allowed on deck.</p>
SPECTATORS:	<p>Balcony seating is available for up to 125 spectators.  <b>Due to the use of the electronic starting system, spectators are asked to refrain from using flash cameras at the start of each race.</b></p>
PARKING:	<p>Please park next door at Downingtown East High School.</p>
WEBSITE:	<p>For meet info, please visit the LCY Swimming web site at: <a href="http://WWW.LCYSWIM.ORG">WWW.LCYSWIM.ORG</a></p>



# Riptide Swimming Pentathlon

## Sunday June 13, 2010

### Order of Events

Event	Event Name
1	Girls 15 & Over 50 Butterfly
2	Boys 15 & Over 50 Butterfly
3	Girls 13-14 50 Butterfly
4	Boys 13-14 50 Butterfly
5	Girls 11-12 50 Butterfly
6	Boys 11-12 50 Butterfly
7	Girls 9-10 50 Butterfly
8	Boys 9-10 50 Butterfly
9	Girls 8 & Under 25 Butterfly
10	Boys 8 & Under 25 Butterfly
11	Girls 15 & Over 50 Backstroke
12	Boys 15 & Over 50 Backstroke
13	Girls 13-14 50 Backstroke
14	Boys 13-14 50 Backstroke
15	Girls 11-12 50 Backstroke
16	Boys 11-12 50 Backstroke
17	Girls 9-10 50 Backstroke
18	Boys 9-10 50 Backstroke
19	Girls 8 & Under 25 Backstroke
20	Boys 8 & Under 25 Backstroke
21	Girls 15 & Over 50 Breaststroke
22	Boys 15 & Over 50 Breaststroke
23	Girls 13-14 50 Breaststroke
24	Boys 13-14 50 Breaststroke
25	Girls 11-12 50 Breaststroke
26	Boys 11-12 50 Breaststroke
27	Girls 9-10 50 Breaststroke
28	Boys 9-10 50 Breaststroke
28	Girls 8 & Under 25 Breaststroke
30	Boys 8 & Under 25 Breaststroke
31	Girls 15 & Over 50 Freestyle
32	Boys 15 & Over 50 Freestyle
33	Girls 13-14 50 Freestyle
34	Boys 13-14 50 Freestyle
35	Girls 11-12 50 Freestyle
36	Boys 11-12 50 Freestyle
37	Girls 9-10 50 Freestyle
38	Boys 9-10 50 Freestyle
39	Girls 8 & Under 25 Freestyle
40	Boys 8 & Under 25 Freestyle
41	Girls 15 & Over 100 IM
42	Boys 15 & Over 100 IM
43	Girls 13-14 100 IM

- 44 Boys 13-14 100 IM
- 45 Girls 11-12 100 IM
- 46 Boys 11-12 100 IM
- 47 Girls 9-10 100 IM
- 48 Boys 9-10 100 IM
- 49 Girls 8 & Under 100 IM
- 50 Boys 8 & Under 100 IM

**TMEvent File Available @ <http://lcyswim.org/pentathlon.htm>**



**Riptide Swimming  
Pentathlon  
Sunday, June 13, 2010  
Meet Summary Sheet**

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone #: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**FEE SUMMARY:**

Total # of Swimmers \_\_\_\_\_ x \$20= \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

**VOLUNTEER INFORMATION**

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Email : \_\_\_\_\_

**Email Entries to: [mamahew@gmail.com](mailto:mamahew@gmail.com)**

**Mail Entry Summary Sheet and Entry Check to:**

**Chris McILroy  
227 Spring Run Lane  
Downingtown, PA 19335  
610-524-9188**

**Thanks.**

