



**Fourth Annual Penguin Plunge**  
**Hosted by**  
**Upper Perkiomen Valley YMCA**  
**January 30-31, 2026**

USA-S/Approval number: **MA 2625 AP**

<b>LOCATION:</b>	<b>Upper Perkiomen Valley YMCA</b> <b>1399 Quakertown Rd.</b> <b>Pennsburg, PA 18073</b> The following phone number is available for emergency use during the meet. Facility Phone: 215-679-9622
<b>FACILITY:</b>	<p>This meet will be conducted in a 6-lane, 25-yard indoor pool with fully automatic timing. The starting end has a depth of 9.5 feet and the turn end is 3.5 feet. The facility is equipped with non- turbulent lane lines. The pool uses Colorado timing system with touchpads and LED matrix scoreboard.</p> <p>A 2-lane warm-up pool is available throughout meet. The pool is 3.5 feet deep at both ends and 4.5 feet deep in the center (no diving).</p> <p>Seating for swimmers and parents will be available in the gym on Saturday. Chairs are permitted in the gym, but not the pool deck.</p> <p>Swimmers will sit on deck for Friday Session.</p> <p>The facility has a large parking area available.</p>
<b>MEET DIRECTOR:</b>	Regina McCloskey ( <a href="mailto:rmpmc77@gmail.com">rmpmc77@gmail.com</a> )
<b>MEET REFEREE</b>	Matt Jeffers ( <a href="mailto:majeffers@verizon.net">majeffers@verizon.net</a> )
<b>ENTRY CHAIR</b>	Regina McCloskey ( <a href="mailto:rmpmc77@gmail.com">rmpmc77@gmail.com</a> )
<b>START TIMES:</b>	Session#1 Warm-up: 5:00 PM Meet Start: 6:00 PM Session#2 Warm-up: 8:00 AM Meet Start: 9:00 AM Session#3 Warm up: 11:30 AM Meet Starts: 1:00 PM
<b>MEETING TIMES:</b>	Session #2 Officials Meeting: 8:15 AM Timers Meeting: 8:30 AM Session#3 Officials meeting: 12:15 PM Timers meeting: 12:30 PM
<b>DISTANCE EVENTS:</b>	All distance swimmers MUST provide their own timer and counter for the 1650 Freestyle.
<b>SWIMMERS WITH A DISABILITY:</b>	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodation or seeding arrangements at the time the entry is submitted.
<b>WARM-UP:</b>	Warm-up schedules will be sent to coaches prior to the meet and posted at <a href="https://www.gomotionapp.com/team/maupy/page/home">https://www.gomotionapp.com/team/maupy/page/home</a> . Warm-up times may be adjusted based on actual attendance. Sprint/Start lanes will be available at the end of each warm-up.

	<p>No diving or backstroke starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.</p> <p>2 lanes available for warm up/ warm down throughout the meet.</p>
<b>ELIGIBILITY:</b>	<p>All swimmers are full privilege members of their YMCA and have represented only their YMCA in competition (except for closed academic competition) for a period of 30 days prior to the first day of the meet.</p>
<b>ENTRIES:</b>	<p>All events are Pre-Seeded, Timed Finals.</p> <p>Swimmers may enter up to (4) individual events and 1 Relay per day. Entries will be accepted on first come first serve basis to a maximum of 200 athletes per session. Swimmer's age will be determined as of January 30, 2026.</p> <p>All entries must be submitted electronically using a HY-TEK compatible software format. All times submitted must be the swimmer's best time.</p> <p>ENTRY DEADLINE: Friday Jan 16, 2026, or until meet fills. Email entries to <a href="mailto:rmpmc77@gmail.com">rmpmc77@gmail.com</a></p> <p>The Meet Director reserves the right to limit entries, events, or heats, or to modify the meet format to conform with Middle Atlantic rules. Swimmers eliminated from the meet due to time or space constraints will be given a full refund.</p> <p>The meet will be USA approved, meaning that the times achieved by all current registered USA Swimming members will be recorded in the SWIMS database.</p> <p>Deck entries will be offered only if space permits. Please come to Admin table during meet warm up. Cost \$20 per event.</p>
<b>ENTRY FEES:</b>	<p>Entry fees are \$10.00 per individual event and \$0 per relay entry. There is no swimmer surcharge. There are no refunds unless outlined in this announcement.</p> <p>Please send one check per club, payable to: Upper Perkiomen Valley YMCA Please write meet fees (team name) in Memo line on checks.</p> <p>Mail checks to: Upper Perk YMCA Attention: Charlotte McGillen 1399 Quakertown Rd Pennsburg, PA 18073</p> <p>Entries will NOT be accepted without full payment.</p>
<b>CHECK IN/ SCRATCH PROCEDURE:</b>	<p>Each team will receive a check-in sheet with all events listed for that session. Sheets must be returned to the admin table at the beginning of warm up session. There is no penalty for swimmers that are not scratched and then do not swim the events.</p>
<b>RULES/ CONDUCT:</b>	<p>Coaches are held responsible for the conduct of their swimmers. The Meet Referee/Meet Director reserves the right to dismiss any swimmer, coach, and/or spectator from the competition due to inappropriate conduct.</p> <p>This meet will be conducted according to current USA Swimming Rules &amp; Regulations.</p> <p>USA Swimming &amp; Middle Atlantic Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.</p> <p>Tech Suit Policy: 102.8 SWIMWEAR .1 Design F. No Technical Suit may be worn by any 12 &amp; Under USA Swimming athlete member in competition at any Sanctioned, Approved, or Observed meet.</p> <p>The following Rules shall apply:</p> <ul style="list-style-type: none"> <li>• Deck access is limited to only registered and approved coaches, swimmers, approved volunteers and facility employees.</li> </ul>

	<ul style="list-style-type: none"> <li>• Glass, food, and chairs are not permitted on deck.</li> <li>• The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>• Photographs or video recordings are not permitted to be taken behind the block anytime that swimmers are present.</li> <li>• There is no cell phone use permitted behind the blocks.</li> <li>• Massage tables are not permitted.</li> <li>• No smoking, drugs, or alcohol are permitted in the YMCA complex or anywhere on the Kistler Biting Property.</li> <li>• The Meet Director has the discretion to remove any person whose conduct is inconsistent with the core values of the YMCA.</li> <li>• Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.</li> <li>• Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.</li> <li>• Swimmers are not permitted on the second floor of the facility.</li> <li>• Shaving is not permitted in any areas of the facility.</li> <li>• No flash photography at the start of competition races.</li> <li>• Deck changing is prohibited.</li> <li>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator area and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations at USA Swimming</li> </ul>
<b>SAFETY:</b>	Safety Marshals will be posted at different locations throughout the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear footwear and dry off before traveling in the corridors.
<b>MAAPP:</b>	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.
<b>INCLEMENT WEATHER</b>	There is no make-up date. If the meet is cancelled due to weather, then entry fees will be refunded.
<b>AWARDS:</b>	Most events will swim combined ages and gender but will be scored by individual age groups (8under, 9-10yrs, 11-12yrs, 13-14yrs, and 15yrs & older), 1st through 12th place awards will be given to 12yrs & under swimmers only. No awards will be given for relays or open events.
<b>ADMISSIONS:</b>	Admission is FREE.
<b>SPECTATORS:</b>	Deck bleachers have seating for 135 spectators. Overflow spectator seating available in lobby. No Chairs are permitted on the pool deck.
<b>VOLUNTEERS:</b>	Each team is asked to supply timers and officials. Please sign up here: <a href="https://www.signupgenius.com/go/5080448A4A928A20-60583244-4thannual#/">https://www.signupgenius.com/go/5080448A4A928A20-60583244-4thannual#/</a>
<b>HOSPITALITY</b>	A hospitality room will be available for coaches and officials
<b>REFRESHMENTS:</b>	There will be a snack stand available throughout the meet.

**Directions from the NE Extension of the PA Turnpike:**

- Exit at Quakertown.
- Take Rt. 663 South toward Pottstown.
- Turn Right onto Quakertown Road
- Turn Left into YMCA driveway

## Order of Events

### Session#1 Friday night (start time 6:00pm)

	EVENT
1 (mixed)	Mixed 11 & Over 1650 free

### Session#2 Saturday AM (Starts at 9:00am)

	EVENT
2 (Girls)	11 & Over 200yd medley relay
3 (Boys)	11 & Over 200yd medley relay
4 (Mixed)	11 & Over 200yd freestyle
5 (Mixed)	11 & Over 50yd freestyle
6 (Mixed)	11 & Over 100yd backstroke
7 (Mixed)	11 & Over 100yd breaststroke
8 (Mixed)	Open 200yd butterfly
9 (Mixed)	11-12 50yd butterfly
10 (Mixed)	11 & Over 100yd freestyle
11 (Mixed)	Open 200yd backstroke
12 (Mixed)	11-12 50yd backstroke
13 (Mixed)	Open 200yd breaststroke
14 (Mixed)	11-12 50yd breaststroke
15 (Mixed)	11 & Over 100yd butterfly
16 (Mixed)	11-12 100yd Individual Medley
17 (Mixed)	Open 200yd Individual Medley
18 (Girls)	11 & Over 200yd free relay
19 (Boys)	11 & Over 200yd free relay

### Session#3 Saturday PM (Starts at 3:00pm)

	EVENT
20 (Mixed)	10 & under 200yd freestyle
21 (Mixed)	10 & under 100yd butterfly
22 (Mixed)	8 & under 25yd backstroke
23 (Mixed)	10 & under 50yd backstroke
24 (Mixed)	10 & under 100yd breaststroke
25 (Mixed)	8 & Under 25yd butterfly
26 (Mixed)	10 & under 50yd butterfly
27 (Mixed)	10 & under 50yd freestyle
28 (Mixed)	10 & under 100yd backstroke
29 (Mixed)	8 & Under 25yd breaststroke
30 (Mixed)	10 & under 50yd breaststroke
31 (Mixed)	10 & under 100yd freestyle
32 (Mixed)	8 & Under 25yd freestyle
33 (Mixed)	10 & under 100yd Individual Medley
34 (Girls)	9-10 200yd free relay
35 (Boys)	9-10 200yd free relay
36 (Girls)	8 & under 100yd free relay
37 (Boys)	8 & under 100yd free relay