

Jefferson City Area YMCA
29th JCAY Pentathlon
January 10, 2026
Missouri Valley Sanction # MV-26-02A

Sponsor: Jefferson City, Mo YMCA Barracuda Swim Team
www.jc-barracudas.com

Meet Director: Don Eisinger
JCAY@Live.com
573-632-8832

Meet Referee: Dana LeVasseur
Dnalver_Swim@hotmail.com

Administrative Officials: Shirley Fowler and Abby Biggers
jcay@live.com

Entry Chair: Abbie Biggers
jcay@live.com

Officials Coordinator: Don Eisinger
jcay@live.com

Location: Jefferson City YMCA Knowles Center
424 Stadium Blvd.
Jefferson City, MO 65063

Approval: This is a closed YMCA meet held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. MV Sanction # MV-26-01A **"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."**

Eligibility: All swimmers must comply with the eligibility conditions of The Rules that govern YMCA Competitive Sports. This is a closed YMCA meet and each athlete must be a member in good standing of the YMCA for at least 30 days prior to participating in this meet. The swimmer's age as of January 10, 2026 will determine the age group for competition.

Any swimmer entered in the meet must be certified by the YMCA/USA Coach as proficient in a racing start or must start the race from within the water. If a swimmer is not accompanied by a coach, please check in with the meet referee prior to the meet.

Facility: 25 yard, 6 lane pool with non-turbulent lane lines. Pool depth at the start end is 11 feet; pool depth at the turn end is 3 ½ feet. A Colorado Electronic Timing system with 6-lane touch pads and scoreboard will be used. The competition course has not been certified in accordance with 104.2.2C(4).

Crash Area: Each team will be given a designated area in the Gymnastics Center for their team area. Lawn chairs and coolers may be brought into the crash area. Please no cots or large lounge chairs. Balls or throwing toys are not allowed. Please use the locker rooms for changing into and out of clothes or swim suits. Use headphones if listening to music.

Bull Pen: All swimmers are expected to report to the bull pen when their event is called. Failure to do so may result in the disqualification of the swimmer.

Meet Schedule: A warm up schedule will be emailed to the coaches and posted under the Pentathlon tab on the JCAY website. Lanes will be assigned. The **tentative** meet schedule is:

Saturday A.M.

Age Groups: 8 & Under and 13-14 and 15 & Over
Warm up: 7:00am-7:50am
Coaches Meeting: 7:00am
Officials Meeting: 7:15am
Timers Meeting: 7:45am
Meet Start: 8:00am

Saturday P.M. Age Groups: 9-10 and 11-12

Warm up: Not before 12:30pm
Meet Start: Not before 1:30pm

Warm Ups: Warm up lanes will be assigned. Swimmers must enter the pool feet first during warm up. Failing to do so may result in the disqualification from one or more of the swimmers events at the discretion of the meet referee. Swimmers may dive during the designated sprint warm ups.

Entries: Swimmers may swim up to 5 individual events and 1 relay. They must swim all 5 events if they want to be eligible for the overall pentathlon award. (See pentathlon scoring).

Email entries to: jcay@live.com

Entry times must be in short course yards, converted times are allowed.

An entry report will be emailed back to each team; it is that teams' responsibility to check their reports for accuracy.

Entries will be limited to the first 250 swimmers on a first come, first served basis.

Entry fees must arrive at the YMCA by the date of the swim meet or paid prior to the start of the meet. Fees must be paid with one check per team payable to "JCAY Swim Team". If payment is not received by the start of the meet, a 5% administration fee will be charged.

Entries will be accepted no sooner than December 26, 2024 and no later than January 4, 2026 at 12:00 midnight. Entries after January 5, will be \$10.00 per event and \$24.00 per relay. The meet will be pre-seeded. Deck entries will not be allowed. Email entries to jcay@live.com

Scratches must be submitted at least 60 minutes prior to the meet start time.

USA Swimmers: This meet is a USA Swimming approved meet, held under the sanction of MO Valley Swimming sanction number #MV-24-01A. Those teams that want their swimmers swims observed and times recorded in the USA Swimming data base (SWIMS) must provide the name (first, middle, last) date of birth, and USA Swimming athlete registration number with their entries. Please do not build an ID in Team Manager if the swimmers are not registered with USA Swimming.

Entry Fees: \$15.00 swimmer surcharge
\$5.00 per individual event
\$20.00 per relay team

Write Checks to: Jefferson City YMCA-Swim Team

Mail checks to: **Angie Davis, CFO**
Jefferson City Area YMCA
P.O Box 104176
Jefferson City, MO 65110-4176

Pentathlon Scoring: Swimmers must swim all 5 events in their age group if they want to be eligible for the pentathlon awards. Times for each event will be added together in order to obtain a total time for each swimmer. Events will be scored for the following age groups: 8 & Under, 9-10, 11-12, 13-14, and 15-21.

If a swimmer receives a disqualification, two minutes will be added to their time for the event in which they received the DQ.

Awards:

Individual Awards--Medals 1st -3rd place, Ribbons 4th- 8th place
Relay Awards—Ribbons 1st- 3rd place
Pentathlon Awards—Trophies 1st -3rd place, Medals 4th -8th place
Awards will be given to boys and girls in each age group

Officials: For planning purposes, we ask each team to forward a list of YMCA certified officials and USA Swimming certified officials who will be attending the meet to the officials coordinator at jcay@live.com

This meet will be USA Swimming sanctioned and times will be submitted for entry in the USA Swimming SWIMS database.

Medical Supervision: Red Cross certified lifeguards and AED are available to athletes participating in the meet.

Timers: Teams will be required to provide timers for the meet. A timer assignment sheet will be emailed to all coaches prior to the meet.

Bull Pen: A bull pen will be used for all age groups.

Concessions: Full concessions will be available. Food is allowed in the crash area only. Please do not take food to the bull pen or pool deck. There is no ATM on site.

Heat Sheets: Heat sheets will be provided to each coach for their use and for availability in the crash area. A heat sheet will be posted on the JCYMCA Team Unify site Pentathlon Tab at:

<https://www.gomotionapp.com/team/mvsjcay/page/pentathlon-2022>

Rules: YMCA Swimming Rules will govern the meet. This meet is held under the approval of USA Swimming. USA Swimming technical rules will apply. **"Deck changes are prohibited." Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or the dive end of the pool.**

All coaches must have current YMCA certification and have credentials to be on deck. Assistants will not be allowed on deck without the same credentials as a coach. This will be strictly enforced.

Swimmers will not be permitted in the gym, weight room, exercise room or on the running track. They are asked not to play in the elevator. No balls or throwing type toys are allowed in the crash area. Radios, CDs, or other music devices will be permitted with headphones only.

"Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."

There must be parental supervision of each team in the crash area at **ALL** times. Lack of adequate supervision and discipline may result in disqualification of the swimmer or team involved.

No photography is permitted from the dive end of the pool. No flash photography is permitted. Coaches and parents are advised that in all likelihood there will be media photography either still or video during the event. Please advise the Officials Coordinator if there are competitors that do not want wish to be photographed during the event.

YMCA Address: Jefferson City Knowles YMCA
424 Stadium Blvd.
Jefferson City, MO 65101

Directions:

From HWY 54 West:

Take the Jefferson St./Stadium Blvd. exit, then an immediate right on Jefferson Street.

Stay in the right lane and merge on to Stadium Blvd. Go straight through the stoplight.

After 3/10 of a mile, turn right at YMCA Drive. (Across from the JC High School Stadium.)

From HWY 54 East:

Take the Stadium Blvd/Tanner Bridge Rd exit. Turn left at the stop sign onto Tanner Bridge Rd. Take a right at the stoplight onto Stadium Blvd. Go 2/10 of a mile and turn right onto YMCA Drive. (Across from the JC High School Stadium.)

Saturday, January 10, 2026

GIRLS	EVENT	BOYS
1	8 & U 25 Butterfly	2
3	13-14 100 Butterfly	4
5	15-21 100 Butterfly	6
7	8 & U 25 Backstroke	8
9	13-14 100 Backstroke	10
11	15-21 100 Backstroke	12
13	8 & U 25 Breaststroke	14
15	13-14 100 Breaststroke	16
17	15-21 100 Breaststroke	18
19	8 & U 25 Freestyle	20
21	13-14 100 Freestyle	22
23	15-21 100 Freestyle	24
25	8 & U 100 IM	26
27	13-14 200 IM	28
29	15-21 200 IM	30

RELAYS

31	8 & U 100 Medley Relay	32
33	13-14 Medley Relay	34
35	15-21 Medley Relay	36

Saturday, January 10, 2026

GIRLS	EVENT	BOYS
37	9-10 50 Butterfly	38
39	11-12 50 Butterfly	40
41	9-10 50 Backstroke	42
43	11-12 50 Backstroke	44
45	9-10 50 Breaststroke	46
47	11-12 50 Breaststroke	48
49	9-10 50 Freestyle	50
51	11-12 50 Freestyle	52
53	9-10 100 IM	54
55	11-12 200 IM	56

RELAYS

57	9-10 200 Medley Relay	58
59	11-12 200 Medley Relay	60