

Jefferson City YMCA

October Invitational

October 18, 2025

SPONSOR: Jefferson City, MO YMCA Barracuda Swim Team
<https://www.gomotionapp.com/team/mvsjcay/page/home>

MEET

DIRECTOR: Don Eisinger JCAY@live.com 573-632-8832

MEET

REFEREE: Patti Draves
3littlefishies@hughes.net

**ADMINISTRATIVE
OFFICIAL** AO Shirley Fowler

ENTRY CHAIR Abby Biggers
JCAY@Live.com

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

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). A Crash Area and bullpen will be provided. Bleacher seating is available for spectators in the pool area. NO spectators will be allowed past the scorer's table or at the ends of the pool.

APPROVAL: This is a closed YMCA meet.

ELIGIBILITY: All swimmers must comply with the eligibility conditions of The Rules that Govern YMCA Competitive Sports. Each athlete must be a member in good standing of their YMCA for at least 30 days prior to participating in this meet. The swimmer's age as of the day of the meet, October 18, 2025, will determine their age group for competition.

MEET SCHEDULE:

TBA: Warm-Ups – Warm up lanes will be assigned after the entry deadline.
08:30 A.M. Scratches & Deck Entry Deadline
09:00 A.M. Officials Meeting
09:10 A.M. Timers Meeting
09:15 A.M. Coaches Meeting
09:30 A.M. Meet Start

WORKERS:

Officials: For planning purposes, we ask each team to forward a list of YMCA certified officials and USA Swimming certified officials that will be attending the meet to the meet referee, Patti Draves at 3littlefishies@hughes.net

Timers

Teams will be required to provide timers over the course of the event. A timer assignment sheet will be emailed to all coaches to obtain their worker list.

ENTRIES: Entries are limited to 150 swimmers. **The maximum number entries per athlete including relays is 5. The maximum number of relay entries per athlete is 2.** Entries must be emailed in Hy-Tek format. Team entries will not be split. Each entry accepted will be confirmed via a return email receipt. Teams unable to utilize Hy-Tek entry format should contact the Entries Chair prior to the entry submission deadline. **Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.**

Mixed relays may be all male or any combination of male and female swimmers.

Submit entries to: Don Eisinger JCAY@Live.com

DEADLINE: All entries must be received by 6:00 P.M. on October 13, 2025.

Entry Fees: \$20 flat fee per swimmer. No additional fees per event. Fees may be paid day of event or by mail prior to the event to: Angie Davis, CFO, Jefferson City Area YMCA, P.O Box 104176, Jefferson City, MO 65110-4176.

DISTANCE EVENTS: Swimmers must provide their own lap counter for the 500 Freestyle. For the 1000 Freestyle Swimmers must provide their own lap counter and MAY be required to provide 3 lane timers.

Over-subscription: If an athlete has been entered in events in excess of the session limit and/or the meet total limits, the swimmer will be scratched from their last event of the day until their entries comply with the entry limitations.

SEEDING: The meet will be pre-seeded. Events will be swum fastest to slowest. Deck entries will be accepted only in empty lanes, at the discretion of the Admin Official and Meet Referee, if submitted by the start of warm-ups. Events of the same distance may be combined if there are not enough entries to fill a single heat. The 500 and 1000 Freestyle may be swum alternating heats of men and women.

HEAT SHEETS: Heat Sheets will be posted on the day before the meet on the team website at: <https://www.gomotionapp.com/team/mvsjcay/page/home>

RESULTS: Results will be posted in the crash area, and a meet results file will be emailed to coaches after the meet.

AWARDS:

Individual Awards: Ribbons will be awarded for 1st-6th place for female and male swimmers in each event, according to age group.

CONCESSIONS: Full concessions will be available. Food will be allowed in the concession area only; coolers must be stored there. A concessions menu will be posted online. A hospitality room will be available for coaches and officials.

VENDOR: No vendors will be available.

BULLPEN: Electronic equipment, radios, CD/cassette, etc. will be permitted with **HEADPHONES ONLY**. All balls and throwing type toys are prohibited. Swimmers **MUST** stay out of the gym, weight room center, and running track. There must be parental supervision of each team in the bullpen **AT ALL TIMES**. **Lack of adequate supervision and discipline may result in disqualification of the swimmer or team involved.**

DIRECTIONS:

FROM HWY 54 WEST:

Take the Jefferson St./Stadium Blvd. Exit. Immediate right on Jefferson Street. Right at the first light onto Stadium. After 3/10 mile turn right at YMCA Drive. (Across from high school stadium.)

FROM HWY 54 EAST: Take the Stadium Blvd./Tanner Bridge Rd Exit. Turn left at the stop sign. Right at the light onto Stadium. After 2/10 mile turn right at YMCA Dr. (Across from high school stadium.)

RULES AND SAFETY:

2025 USA Swimming Technical Rules and “Rules That Govern YMCA Swimming” will govern procedures, along with our Area YMCA rules and bylaws. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up. Swimmers may only dive into the start-end of the competition pool at the designated time-frame for practice starts during warm-ups and at race starts. All unaccompanied swimmers must report to the Meet Referee prior to warming up for the first session in which they are swimming. The Meet Referee shall instruct such swimmers in safety rules for the meet and assign swimmers to warm up lanes. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. **Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

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.

JCAY October 18 Invitational Order of Events

1	Girls 9-21 200 Backstroke	32	Boys 9-21 200 IM
2	Boys 9-21 200 Backstroke	33	Girls 9-21 400 IM
3	Girls 9-21 100 Backstroke	34	Boys 9-21 400 IM
4	Boys 9-21 100 Backstroke	35	Girls 9-21 500 Freestyle
5	Girls 9-12 50 Backstroke	36	Boys 9-21 500 Freestyle
6	Boys 9-12 50 Backstroke	37	Girls 8 & Under 25 Freestyle
7	Girls 8 & Under 25 Backstroke	38	Boys 8 & Under 25 Freestyle
8	Boys 8 & Under 25 Backstroke	39	Girls 21 & Under 50 Freestyle
9	Girls 9-21 200 Freestyle	40	Boys 21 & Under 50 Freestyle
10	Boys 9-21 200 Freestyle	41	Girls 8 & Under 25 Breaststroke
11	Girls 8 & Under 100 Medley Relay	42	Boys 8 & Under 25 Breaststroke
12	Mixed 8 & Under 100 Medley Relay	43	Girls 9-12 50 Breaststroke
13	Girls 9-10 200 Medley Relay	44	Boys 9-12 50 Breaststroke
14	Mixed 9-10 200 Medley Relay	45	Girls 9-21 100 Breaststroke
15	Girls 11-12 200 Medley Relay	46	Boys 9-21 100 Breaststroke
16	Mixed 11-12 200 Medley Relay	47	Girls 9-21 200 Breaststroke
17	Girls 13-14 200 Medley Relay	48	Boys 9-21 200 Breaststroke
18	Mixed 13-14 200 Medley Relay	59	Girls 21 & Under 100 Freestyle
19	Girls 15-21 200 Medley Relay	50	Boys 21 & Under 100 Freestyle
20	Mixed 15-21 200 Medley Relay	51	Girls 8 & Under 100 Freestyle Relay
21	Girls 8 & Under 25 Butterfly	52	Mixed 8 & Under 100 Freestyle Relay
22	Boys 8 & Under 25 Butterfly	53	Girls 9-10 200 Freestyle Relay
23	Girls 9-12 50 Butterfly	54	Mixed 9-10 200 Freestyle Relay
24	Boys 9-12 50 Butterfly	55	Girls 11-12 200 Freestyle Relay
25	Girls 9-21 100 Butterfly	56	Mixed 11-12 200 Freestyle Relay
26	Boys 9-21 100 Butterfly	57	Girls 13-14 200 Freestyle Relay
27	Girls 9-21 200 Butterfly	58	Mixed 13-14 200 Freestyle Relay
28	Boys 9-21 200 Butterfly	59	Girls 15-21 200 Freestyle Relay
29	Girls 10 & Under 100 IM	60	Mixed 15-21 200 Freestyle Relay
30	Boys 10 & Under 100 IM	61	Girls 9-21 1000 Freestyle
31	Girls 9-21 200 IM	62	Boys 9-21 1000 Freestyle