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FOR HEALTHY LIVING
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LAKE COUNTY WEST END YMCA AQUA PENTATHLON

**Swim Hard, Swim Fast,
And Always Believe!
Celebrating 54+ years**



Sunday, February 12th, 2023

SUNDAY, FEBRUARY 12TH, 2023

WHAT: Aqua Pentathlon - All swimmers compete in 5 events. Points are awarded for each event and combined for an overall finish in each age group.

LOCATION: Lake County West End Y @ Union Village, 36909 Ridge Road, Willoughby, Ohio 44094

COURSE, WARM-UPS, & START TIMES: 8 lanes, 25 yards. Daktronics timing system will be used. Warm-up times will be assigned by team on Thursday, February 9th, 2023. **Meet begins at 10 AM.**

ELIGIBILITY: Swimmers must be current Y members and swim exclusively for their YMCA team. No unattached swimmers.

AGE GROUPS: 8 & Under, 9-10, 11-12, 13 & Over. Age as of 12/01/22

ENTRY FEES: Fee of \$20 covers all 5 events. Make checks payable to Lake County YMCA. Please bring checks on day of meet.

Each 8&Under will swim 25 of each event plus a 50 free.

Each 12&Under will swim 50 of each event plus a 100 free.

Each 13&Over will swim a 50 free, 100 of each event plus a 200 free.

DEADLINE FOR ENTRIES: Best yard times must be submitted for all events. Please send entries to Oliver Curwen, ocurwen@lakecountyyymca.org by **11:59 PM Tuesday, February 7, 2023**. Hy-Tek entries preferred. NO DECK ENTRIES.

AWARDS: Heat winner awards. Ribbons for top 8 places in each event. Trophies for top 8 overall swimmers in each age group to be presented immediately after completion of age group. No team scoring.

TEAM AREAS: Everyone will be housed in the field house. Swimmers will access the pool through the high school locker rooms. Parents will be able to view the meet from the balcony bleacher seating. No parents on the pool deck unless volunteering.

ADMISSION & HEAT SHEETS: There is no cost for admission. Heat sheets will be available in limited quantities for \$3.

CONCESSIONS: Full concession stand will be available. NO CHARGE for coaches and officials. All coolers must remain in Field House.

CONDUCT: Coaches are responsible for conduct and supervision of all swimmers. Please be responsible and clean up team areas in the field house and balcony.

QUESTIONS: Meet Director Erik Buckland or Head Coach Oliver Curwen, ocurwen@lakecountyyymca.org.

RESULTS: Results will be posted at neoyswim.org.

List of Events

GIRLS	EVENT	BOYS
1	8&Under 25 Free	2
3	9-10 50 Free	4
5	11-12 50 Free	6
7	13&Over 50 Free	8
9	8&Under 25 Fly	10
11	9-10 50 Fly	12
13	11-12 50 Fly	14
15	13&Over 100 Fly	16
17	8&Under 25 Back	18
19	9-10 50 Back	20
21	11-12 50 Back	22
23	13&Over 100 Back	24
25	8&Under 25 Breast	26
27	9-10 50 Breast	28
29	11-12 50 Breast	30
31	13&Over 100 Breast	32
33	8&Under 50 Free	34
35	9-10 100 Free	36
37	11-12 100 Free	38
39	13&Over 200 Free	40