



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

19th Annual Penguin Plunge Invitational

Held under the sanction of USA Swimming Inc. Sanction #OH-26SC-117AP

DATE

Sunday, December 14, 2025

LOCATION

Liberty Township Powell YMCA
7798 Liberty Road North
Powell, OH 43065 Phone: 740-881-1058

MEET DIRECTOR / MEET REFEREE

Meet Director: Nicole Brayer, nikkibrayer@gmail.com

Meet Referee: Eleanor Bently (AM Session) and Dennis Weidner (PM Session)

TIME SCHEDULE

MORNING SESSION: Warm-ups start at 7:50 am. Teams will be assigned warm-up lanes and times. Meet starts at 9:00 am.

AFTERNOON SESSION: Warm-ups will not begin before 1 pm. Teams will be notified of afternoon start time after all entries are received and will be assigned warm-up lanes and times. The meet will end by 6:00 pm.

FACILITY

The pool is an 8 lane, 25-yard pool. Scoring will be done using computer scoring and electronic timing with touchpads; both electronic timing and manual stop watches. The timing system will be Colorado. The meet host will ensure the required course dimensions. Water depth at the starting block end of the pool is 6 feet deep for at least 19 feet (5.79 meters) off the wall. Water depth at the shallow end of the pool is 3 feet 6 inches deep at it shallowest and deepens to 4 feet approximately 50 feet (15.24 meters) off the wall.

Full facility locker rooms & showers may be available. Deck changes are prohibited.

Swimmer camp is located in the gym. Despite our best efforts, the gym may be chilly. Please plan accordingly. Limited bleacher seating is available on the pool deck. You are welcome to bring your own chairs.



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FORMAT

All events are timed finals for each age group. Events will be seeded and swum mixed gender, however the events will be scored and awarded as if swum as individual gender events that were swum separately.

USA MEET INFORMATION

In granting this approval it is understood and agreed that USA 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 event.

Rules

The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules, and Southwest Ohio YMCA Swim League rules.

- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.
- Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during racing starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.
- Deck changes are prohibited.
- 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, and/or spectators are present.
- Flash photography is not permitted at the start off any race.

MAAPP

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the US Center for Safe Sport's Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the YMCA of the USA approved child protection training course.

Ohio State Law

Ohio's Return to Play Law (ORC 3313.539 and ORC 3707.511) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion.



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Lifeguards

There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.

Technical Suits

- Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. Please refer to the USA Swimming rulebook for definitions of a technical suit.

ENTRY LIMITATIONS

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. **All relays will be mixed and must include at least one boy and one girl.** (For example, a relay can include two girls and two boys or three girls and one boy).

Any points earned for 10 & under swimmers who compete in events 6, 8, 11 or 15 in the morning session will count toward their age group's high point award. Swimmer age on 12/14/25 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Parents and Coaches may enter any 15 & Over events or relays as exhibition. There will be no entry fee cost.

SUBMITTING ENTRIES

This meet is open to YMCA Swim Teams.

Please submit yard times for seeding.

Please do not enter any "NT's" (No Times) for any swimmers. Instead, use a best "guess" time of your swimmer's time when needed. Please only do this for strokes they are most likely to swim legally.

The formats we can accept are Hy-Tek Team Manager file or Meet Manager File. Included is a Hy-Tek event list to assist you in providing an electronic entry list.

Entry file from Meet Manager is available at:

<https://www.gomotionapp.com/team/ohltpy/page/system/res/145196>

Click on ***Penguin Invitationals***

E-mail Hy-Tek entry file to: penguinscorekeeping001@gmail.com

YMCA Team Entries will not be accepted until **Monday, November 24, 2025** and will be accepted in this order:



8 am – 5 pm: Central Ohio YMCA teams

5 pm – 7 pm: Teams who attended this invitational in the past 3 years.

7 pm – 8 pm: All other YMCA teams



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There will be a limit on the number of swimmers attending so that the meet ends by 6:00 pm.
Entries will close when sessions are full. No Deck Entries will be accepted.

Following the initial submittal of a team's entries, additional entry submissions will be entered space permitting. **No entries, changes or updates will be accepted after 9 pm Thursday, December 4, 2025.** Please submit the following information to:
penguinscorekeeping001@gmail.com

- Name
- Birthdate
- Event(s)
- Seed Time

ENTRY FEES

Individual Events: \$5.00 per individual event

Relay Events: \$12.00 per relay

ENTRY FEE PAYMENT

YMCA of Central Ohio teams: Please submit payment via an I.D.T.:

- LTPY account # 520-996-8735
- In the description field: Penguin Plunge 2025 & "team name"

All other YMCA teams: Bring payment to LTPY on the day of the meet. Please do not bring cash. Make checks payable to: YMCA

Payment must be made before the start of the meet. Meet fees are non-refundable.



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MEET REFEREE

Eleanor Bently and Dennis Weidner

Coaches, please provide officials names when you submit your entries. Each visiting team with 10 or more swimmers entered in the meet are asked to provide at least one official to supplement the officials provided by LTPY.

Bonus for visiting team officials: Any visiting team official who officiates either during the morning or afternoon session or for two hours during both sessions will receive a \$5 gift card from either Starbucks or Subway. Gift cards are limited to the first 10 officials that sign-up to officiate.

Trained Officials: Please email questions to pebently@yahoo.com

AWARDS

Heat winner awards will be awarded for all sessions.

Individual & Relays

1st – 3rd place – Medals will be awarded for all sessions.

4th – 12th place – Ribbons will be awarded for all sessions.

High point award for 1st Place Boy & Girl in the following age groups:

6 & Under

7-8

9-10

11-12

13-14

15 & Over

Note: Points scored in 8 & Under and 10 & Under events will count towards age group high points. For example, if a 6-year-old places 5th in the 10 & Under 100 Free (scored as 8 & Under and 9/10), they score 10 points towards the age 6 & Under high point.

1st and 2nd Place Banner for winning team (LTPY excluded from team award).

Awards will be sorted by teams and may be picked up by coaches at the end of the meet.

SCORING

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

RESULTS

This is a timed final meet. Results will be e-mailed to each participating team, the YCO League and Ohio Swimming. Results will be posted and can be accessed via the Meet Mobile app available in the Apple App Store and on Google Play.



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HEAT SHEETS

No heat sheets to be sold at the meet. Heat sheets will be provided to visiting teams the week prior to the meet.

PARKING

Parking is available at the YMCA. Overflow parking is available behind Liberty Middle School located next to the YMCA. The middle school address is 7940 Liberty Road in Powell, OH.

SUPERVISION

Each team will be responsible for providing supervision for their team while at the YMCA. Please clean-up your area before you leave the meet.

BULLPEN

There will be **no bullpen** for the **morning** session, the swimmer (and the team) is responsible for ensuring that the swimmers report to their event.

A bullpen **will** be provided for the **afternoon** session – **individual events only**. Teams are responsible for getting 10 & Under relays to the blocks.

HOSPITALITY ROOM

A hospitality room will be available for **coaches** and **officials** near pool side.

FOOD TRUCKS

TBD



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Entry fees due before the start of the meet.

19th Annual Penguin Plunge Winter Invitational

Order of Events – Morning Session

Warm-ups begin at 7:50 am. Meet begins at 9:00 am

GIRLS	Event Name	BOYS
1	11/12, 13/14, 15 & Over – 200 Butterfly	1
2	OPEN – Mixed 400 Freestyle Relay	2
3	11/12, 13/14, 15 & Over – 100 IM	3
4	11/12, 13/14, 15 & Over – 400 IM	4
5	11/12, 13 & Over – 50 Breaststroke	5
6	10 & under, 11/12, 13/14, 15 & Over – 100 Butterfly	6
7	11/12, 13 & Over – 50 Freestyle	7
8	10 & under, 11/12, 13/14, 15 & Over – 100 Backstroke	8
9	11/12, 13/14, 15 & Over – 200 Breaststroke	9
10	11/12, 13/14, 15 & Over – 100 Freestyle	10
11	10 & under, 11/12, 13/14, 15 & Over – 200 IM	11
12	11/12, 13 & Over – 50 Backstroke	12
13	11/12, 13/14, 15 & Over – 200 Backstroke	13
14	11/12, 13 & Over – 50 Butterfly	14
15	10 & under, 11/12, 13/14, 15 & Over – 100 Breaststroke	15

NOTES

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. Any points earned for 10 & under swimmers who compete in events 6, 8, 11 or 15 in the morning session will count toward their age group's high point award. Swimmer age on 12/14/25 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Mixed relays must include at least one (1) boy and one (1) girl.

Combined age-group and gender events will be scored and awarded as if swum as individual age-group/gender events if the age group is noted separately.

The 50-yard stroke events are 13 & Over and **will not** be scored as both 13/14 and 15 & Over.



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Entry fees due before the start of the meet.

19th Annual Penguin Plunge Winter Invitational

Order of Events – Afternoon Session

Warm-ups will not begin before 1 pm.

Teams will be notified of afternoon start time after all entries are received.

GIRLS	Event Name	BOYS
16	8 & Under, 9/10 – 100 IM	16
17	8 & Under, 9/10 – 100 Free	17
18	6 & Under, 7/8 – 25 Butterfly	18
19	8 & Under, 9/10 – 50 Butterfly	19
20	6 & Under, 7/8 – 25 Freestyle	20
21	8 & Under, 9/10 – 50 Freestyle	21
22	6 & Under, 7/8 – 25 Backstroke	22
23	8 & Under, 9/10 – 50 Backstroke	23
24	6 & Under, 7/8 – 25 Breaststroke	24
25	8 & Under, 9/10 – 50 Breaststroke	25
26	8 & Under – Mixed 100 Freestyle Relay	26
27	10 & Under – Mixed 200 Freestyle Relay	27

NOTES

A swimmer may swim a maximum of **THREE** individual events and **ONE** free relay. Any points earned for 10 & under swimmers who compete in events 6, 8, 11 or 15 in the morning session will count toward their age group's high point award. Swimmer age on 12/14/25 will determine the age of participation. 10 & under morning session swims count as part of a swimmer's THREE individual event total for the meet.

Mixed relays must include at least one (1) boy and one (1) girl.

Combined age-group and gender events will be scored and awarded as if swum as individual age-group/gender if the age group is noted separately.

The 200 Free Relay is 10 & Under and **will not** be scored as both 8 & Under and 9/10.