



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

12th Annual Penguin Pentathlon Invitational

Held under the sanction of USA Swimming Inc. Sanction # OH-25LC-30AP

All proceeds will be donated to the Promenschenkel Scholarships.

DATE

Sunday, June 22, 2025

LOCATION

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

MEET DIRECTOR

Samantha Naylor: ltpymeetdirector@gmail.com

MEET REFEREE

Eleanor Bently: pebently@yahoo.com

TIME SCHEDULE

MORNING SESSION: Warm-ups start at 9:00 am. Teams will be assigned warm-up lanes and times. Meet starts at 10:00 am.

AFTERNOON SESSION: Warm-ups will not begin before 1:00 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. 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 its shallowest and deepens to 4 feet approximately 50 feet (15.24 meters) off the wall. The host will ensure the required course dimensions.

Full facility locker rooms and showers will be available. Deck changes are prohibited.

The swimmer camp is located in the gym. Despite our best efforts, the gym may be chilly. Please plan accordingly. You are welcome to bring your own chairs for use in the gym. Limited bleacher seating is available on the pool deck. No camping will be permitted on the pool deck.



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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

USA sanction number is OH-25LC-30AP. 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. (202.6.6C)

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 of any race.

MAAPP

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming 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.

Ohio State Law

Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) 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.

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



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A technical suit is one that has the following components:

- a) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b) Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC – A suit with knit fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC – A suit with knit fabric and sewn seams not extending below the knees is permitted.)

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in technical suits at this meet.

- A technical suit is one that has the following components:
- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

CHILD PROTECTION TRAINING

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.

RESULTS

This is a timed final meet. Results will be e-mailed to each participating team, the YCO league and Ohio Swimming.

ENTRY LIMITATIONS

Athletes may sign up to swim up to five events in their age group, up to five events in the OPEN category **or** a combination of five events total from both the age group and OPEN categories. Only athletes who swim all five events in their age group or all five events in the OPEN category are eligible for the Top Scorer and Runner-Up awards.

Example, a 12-year-old has three options.

- A. **9-12 Events:** 50 back, 50 breast, 50 fly, 50 free & 100 IM
- B. **OPEN Events:** 200 back, 200 breast, 200 fly, 200 free & 200 IM.
- C. **9-12 Events and OPEN Events:** 100 IM, 50 Back, 50 Fly, 50 Free, 200 Breast.

Athletes swimming A and B are eligible for the Top Scorer or Runner-Up awards.



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EVENTS BY AGE GROUP

Swimmer's age on **6/22/2025** will determine their age group.

7 & Under and Age 8:	100 IM, 25 Fly, 25 Back, 25 Breast, 25 Free, 500 Free (Exhibition Only), 200 Free (Exhibition Only)
Ages 9 through 12:	100 IM, 50 Fly, 50 Back, 50 Breast, 50 Free, 500 Free (Exhibition Only), 200 Free (Exhibition Only)
Ages 13 through 18:	100 Fly, 200 IM, 100 Back, 100 Breast, 100 Free
OPEN:	200 Fly, 200 IM, 200 Back, 200 Breast, 200 Free
Age 19 & Over:	100 IM, 25 Fly, 25 Back, 25 Breast, 25 Free (All Exhibition Only)

SUBMITTING ENTRIES

This meet is open to YMCA swim teams. Please submit yard times for seeding.

No Time "NT" entries will not be accepted for any swimmers. Please use a best "guesstimate" of your swimmer's time when needed. Please only do this for strokes they are most likely to swim legally. We appreciate your help in enabling us to ensure that the meet runs on time.

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.teamunify.com/Home.jsp?tabid=0&team=ohltpy>

Click on ***Penguin Invitationals***

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

YMCA Team Entries will not be accepted until Thursday, **June 5, 2025** and will be accepted in this order:

- **9 am – 6 pm:** Central Ohio YMCA teams
- **7 pm – 11 pm:** All other YMCA teams

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. Deck entries and event changes are prohibited.



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Following the initial submissions, additional entries from teams will be entered, space permitting.

No entries, changes or updates will be accepted after 9pm Sunday, June 15, 2025. Please submit the following information to penguinscorekeeping001@gmail.com

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

ENTRY FEES

Meet entry fee: \$25.00 per swimmer, includes all five events (backstroke, breaststroke, butterfly, freestyle, and individual medley). The entry fee is the same regardless of whether a swimmer is registered for one event or for five events.

Entry fees will not be charged for the following Exhibition Only events:

- Event 3: 19 & Over 100 IM
- Event 6: 19 & Over 25 Fly
- Event 9: 19 & Over 25 Back
- Event 12: 19 & Over 25 Breast
- Event 15: 19 & Over 25 Free
- Event 18: 12 & Under 500 Free
- Event 23: 12 & Under 200 Free

Because all proceeds from the Penguin Pentathlon will be donated to the Promenschenkel Scholarship, we welcome any donations in lieu of entry fees for the above Exhibition Only events. Donations can be made at the Liberty Township YMCA Front Desk the day of the meet.

ENTRY FEE PAYMENT

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

- LTPY account # 520-996-8738
- In the description field: Pentathlon 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.

MEET REFEREE

Eleanor Bently: pebently@yahoo.com

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 to Graeter's Ice Cream. Gift cards are limited to the first 10 officials that sign-up to officiate.



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AWARDS & SCORING

Awards will be available for pick up by coaches no sooner than 30 minutes after the end of the meet.

Heat winners

Heat winners from both sessions receive DUCK BUCKS for the CHUCK-A-DUCK contest.

Individual events

1st thru 6th place ribbons will be awarded for swimmers entered in 12 & under morning events only.

Pentathlon

Results are based on the composite time for the five events. Swimmers that compete in all five events in the same age group, **or** five events in the OPEN group will be eligible for the Top Scorer or Runner-Up awards. Any swimmer that is disqualified in one or more events will not be able to compete for the Pentathlon Top Scorer or Runner-Up awards.

Top Scorer & Runner-Up trophies will be awarded for the following:

Girls

7 & Under
8 year olds
9 year olds
10 year olds
11 year olds
12 year olds
13 year olds
14 year olds
15-16 year olds
17-18 year olds
OPEN

Boys

7 & Under
8 year olds
9 year olds
10 year olds
11 year olds
12 year olds
13 year olds
14 year olds
15-16 year olds
17-18 year olds
OPEN

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

A bullpen **will** be provided for the **morning** session – **8 & Under events only**. Swimmers aged 9 and older are responsible for reporting to the blocks for their events.

There will be **no bullpen** for the **afternoon** session, swimmers participating in OPEN events and swimmers aged 13 and older are responsible for reporting to the blocks for their event.

HOSPITALITY ROOM



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A hospitality room will be available for **coaches** and **officials** in the conference room.

CONCESSIONS AND VENDORS

The Columbus Coffee Company will be available during the morning session, Tortilla Street Food truck will be available from 11am to approximately 2pm, Frank's Franks will be available throughout the meet, and Jolyn swimwear and accessories will be available 10am-4pm



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CHUCK-A-DUCK

RULES OF PLAY

CHUCK-A-DUCKS are the property of the LTPY swim team and must be returned at the completion of each contest. Each entry can be tossed into the pool only once. There will be a CHUCK-A-DUCK contest during both the morning and afternoon sessions.

Participants will stand on the “line of play” in Studio 1 and have one chance to toss their entry into the “pool”. Participants will take turns CHUCKING their DUCK. Participants whose CHUCK-A-DUCK makes it into the “pool” will win a prize from the prize table located in Studio 1. Prizes will be awarded immediately after the participant CHUCKS their DUCK.

CONTEST ENTRY

The CHUCK-A-DUCK contest is open to anyone who would like to participate and will be available throughout the morning and afternoon sessions. There are two ways to become a participant:

- 1. Pentathlon swimmers:** Win your heat and earn a CHUCK-A-DUCK contest entry.
- 2. Open to everyone:** purchase a CHUCK-A-DUCK entry from the ticket sale table at the heat sheet sale table.
 - CHUCK three DUCKS for \$5 and receive three raffle tickets



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Entry fees due before the start of the meet.

12th Annual Penguin Pentathlon Invitational Order of Events – Morning Session

Warm-ups begin at 9:00 am. Meet begins at 10:00 am.
A warm-up schedule will be e-mailed to coaches before the meet.

**** PLEASE VERIFY THAT YOUR SWIMMERS ARE IN THE CORRECT AGE GROUP EVENT ****

Event	Age Group*	Distance	Stroke
1	9-12	100	Individual Medley
2	8 & Under	100	Individual Medley
3	19 & Over	100	Individual Medley
4	9-12	50	Butterfly
5	8 & Under	25	Butterfly
6	19 & Over	25	Butterfly
7	9-12	50	Backstroke
8	8 & Under	25	Backstroke
9	19 & Over	25	Backstroke
10	9-12	50	Breaststroke
11	8 & Under	25	Breaststroke
12	19 & Over	25	Breaststroke
13	9-12	50	Freestyle
14	8 & Under	25	Freestyle
15	19 & Over	25	Freestyle

NOTES

- Events will swim mixed gender, however will be scored and awarded as if swum as individual gender events that were swum separately.
- There will be separate awards for girls and boys.
- 19 & Over events are non-scoring events for coaches and parents.

AGE GROUPS FOR SCORING

- 7 & Under
- 8 year olds
- 9 year olds
- 10 year olds
- 11 year olds
- 12 year olds



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Entry fees due before the start of the meet.

12th Annual Penguin Pentathlon Invitational Order of Events – Afternoon Session

Warm-ups will not begin before 1:00 pm. Teams will be notified of the afternoon start time after all entries are received. A warm-up schedule will be emailed to coaches before the meet.

**** PLEASE VERIFY THAT YOUR SWIMMERS ARE IN THE CORRECT AGE GROUP EVENT ****

Event	Age Group*	Distance	Stroke
16	OPEN	200	Butterfly
17	13-18	100	Butterfly
18	12 & Under Exhibition Only	500	Freestyle
19	OPEN	200	Individual Medley
20	13-18	200	Individual Medley
21	OPEN	200	Backstroke
22	13-18	100	Backstroke
23	12 & Under Exhibition Only	200	Freestyle
24	OPEN	200	Breaststroke
25	13-18	100	Breaststroke
26	OPEN	200	Freestyle
27	13-18	100	Freestyle

NOTES

- Events will swim mixed gender, however, will be scored and awarded as if swum as individual gender events that were swum separately.
- There will be separate awards for girls and boys.
- Event 18 & Event 23 are Exhibition only and will be limited to the fastest 12 swimmers for each event.

AGE GROUPS FOR SCORING

- 13 year olds
- 14 year olds
- 15-16 year olds
- 17-18 year olds
- OPEN