

2025 Penguin Plunge

Friday, October 24 - Sunday, October 25

Hosted by Four Rivers Area Family YMCA Penguins
YMCA Sanction Number (Pending)

Course/Facility Information	25 yard, 6 - Lane Pool with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C(4). The fact that the pool is not certified in accordance to 104.2.2C(4) does not impact the validity of the times achieved in this pool.
Location	Four Rivers Area YMCA, 400 Grand Avenue, Washington, MO 63090
Facility Information	<p>The facility features a 25 yard, 6 lane pool with Paragon Shortee starting blocks. The depth at the start end of the pool is 6 feet, and the depth at the turn end is 3.5 feet.</p> <p>Crash Area will be in the North and South Gyms.</p> <p>Bullpen will be in the North Practice Mini Gym.</p> <p>Concessions will be in the North and South Practice Mini Gyms.</p> <p>There is an observation area overlooking the turn end of the pool on the main floor of the facility. Additional bleacher seating will be available on the pool deck. Seating is VERY limited on the pool deck. Please exit back to the crash area between your swimmer's events!</p> <p>Full concessions will be available throughout the meet.</p>
Pool Certification Statement	The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rulebook. The fact that the pool is not certified in accordance to 104.2.2C(4) does not impact the validity of the times achieved in this pool.
Meet Contacts	<p>FRAY Coach: Samantha Riegel - 636-432-4324 samantha.riegel@gwrymca.org</p> <p>FRAY Aquatics Director: Samantha Riegel - 636-239-5704 samantha.riegel@gwrymca.org</p> <p>Administrative Official: Donald Hockmeyer dhockmeyer@gmail.com</p> <p>Administrative Official: Dana LeVasseur dnalver_swim@hotmail.com</p>
Meet Referee	Patty Draves: 3littlefishies@hughes.net
Rules	<p>The meet will be governed by the current USA Swimming Technical Rules and "Rules that Govern YMCA Swimming".</p> <p>Any swimmer needing accommodations must present themselves to the meet referee prior to team's scheduled warm-ups.</p> <p>Any swimmer entered in the meet must be certified by a coach proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>All unaccompanied swimmers must report to the meet referee prior to warming up prior to the first session in which they are swimming. The meet referee shall instruct the swimmer on safety rules for the meet and assign swimmers to warm up lanes.</p>

	<p>Use of audio and visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. Shaving is not permitted at the competition venue.</p> <p>All swimmers 18 years of age and older are required to complete SafeSport Child Abuse Prevention training.</p> <p>Swimmers 12 years of age and younger are prohibited from wearing any type of Technical Suit during competition.</p> <p>Tents are not permitted in the crash area space. All teams are required to monitor behavior in the facility.</p>
Eligibility	<p>Swimmers age as of October 24, 2025 will determine their age group for competition.</p> <p>Swimmers must meet all the Heartland Area YMCA and "The Rules that Govern Competitive Sports" eligibility requirements.</p> <p>Swimmers with disabilities are welcome to compete. Any swimmer needing special accommodations must note the accommodation at the time the entry is submitted.</p> <p>In individual events, a swimmer may only swim in one competitive age group.</p>
Entries Fees	<p>Entry Deadline: 5:00pm on Friday, October 17.</p> <p>Entry fees are \$50.00 per athlete. Teams must pay in full at the start of meet or provide a copy of a Check Request or Journal Entry Request. (JE Request for GWR Teams only.)</p> <p>No refunds will be issued in the event of inclement weather.</p> <p>Entry fees must arrive at the YMCA by October 24, 2025.</p> <p>Fees must be paid with one check per team payable to: Four Rivers Area YMCA Attn: Samantha Riegel 400 Grand Avenue Washington, MO 63090</p> <p>Gateway Region YMCA Teams: JE Form to acct: 05-021-99-9105-910203 Four Rivers Family YMCA (Include Team Abbreviation in the comments field to facilitate payment tracking!)</p> <p>Please forward a copy of JE confirmation to: Samantha Riegel - samantha.riegel@gwrymca.org</p>
Entries/Limit	<p>Entry deadline: Friday, October 17 at 5:00pm.</p> <p>Entries will be limited to the first 500 swimmers with the exception that no team will be split.</p> <p>All entries are to be submitted via email in HYTEK compatible form by October 17 to samantha.riegel@gwrymca.org.</p> <p>Entry times must be in short - course yards, converted times are allowed. An entry report will be emailed back to each team; it is the team's responsibility to check the reports for accuracy. FRAY reserves the right to accept or reject entries, and to limit number of heats in distance events, to conform to facility capacity limits or to accommodate the timeline.</p> <p>500 Free and 1650 Free will be limited to the top 24 entries.</p> <p>Each swimmer will be limited to 7 individual events total for the weekend (Friday,</p>

	<p>Saturday, Sunday).</p> <p>Friday swimmers are limited to a maximum of 2 events.</p> <p>Saturday swimmers are limited to a maximum of 3 individual events + 1 relay.</p> <p>Sunday swimmers are limited to a maximum of 3 individual events + 1 relay.</p> <p>Deck entries will be accepted only to fill open lanes. No new heats will be created for an event once seeded. Cost for deck entry will be \$50 per swimmer. Heat Sheets will be available for \$5.00 at concessions.</p> <p>Exhibition swims will not be permitted.</p> <p>Relay Age Up Rule - Swimmers are only allowed to swim up one age group. Swimmers are only allowed to swim once in each relay structured event. (For example: if a swimmer swim in a 9-10 freestyle relay; the are ineligible to swim in a 11-12 freestyle relay)</p>								
Seeding	<p>Meet will be pre-seeded. All events will be seeded slowest to fastest, with the exception of 500 Free and the 1650 Free which will be seeded fastest to slowest.</p>								
Officials	<p>We need your help! Please send us the names and levels of YMCA or USA-S certification for your team's officials. Please include the sessions they are available to work.</p> <p>Samantha Riegel - samantha.riegel@gwrymca.org by Saturday, October 18, 2025 at 5:00pm.</p>								
Timing	<p>Participating teams will be given timing assignments with entries. Each session timing responsibilities will be shared by all teams based upon their percentage of entrants. Timing assignments will be emailed out by Wednesday, October 22, 2025 by 5:00pm.</p> <p>*Swimmers in the 500 Free must provide their own lap counter.</p> <p>*Swimmers in the 1650 Free must provide their own 2 timers and 1 lap counter.</p>								
Scoring and Awards	<p>Events will be scored separately into the age groups and gender of 8 & Under, 9-10, 11-12,13-14, and 15-21. Combined events will be scored separately by age group and gender. Ribbons will be given for 1st through 8th place.</p> <p>Determination of team scores will be made by calculating the number of team points relative to participant numbers. This will be calculated by dividing each team's combined point total by the team's number of athletes entered in the meet with the final submitted entry.</p> <p>Scoring and awards for all events will be based on age group, time and gender.</p> <table> <tr> <td>Points</td><td></td></tr> <tr> <td>Individual Events:</td><td>Relay Events</td></tr> <tr> <td>1st - 6th</td><td>1st - 6th</td></tr> <tr> <td>7, 5, 4, 3, 2, 1</td><td>14, 10, 8, 6, 4, 2</td></tr> </table> <p>Awards for Individual and Relay events will be ribbons 1st - 8th place.</p> <p>Trophies will be awarded to the top two teams.</p> <p>All events will be posted on the windows in the back lobby leading to Cardio Room.</p>	Points		Individual Events:	Relay Events	1st - 6th	1st - 6th	7, 5, 4, 3, 2, 1	14, 10, 8, 6, 4, 2
Points									
Individual Events:	Relay Events								
1st - 6th	1st - 6th								
7, 5, 4, 3, 2, 1	14, 10, 8, 6, 4, 2								

Schedule of Events

	Friday Evening	Sat/Sun Morning	Sat/Sun Afternoon
Crash Area Opens	4:30pm	6:30am	
Warm-Ups	4:45pm	7:00am	1:00pm
Officials Meeting	5:30pm	7:45am	1:45pm
Timers Meeting	6:00pm	8:15am	2:15pm
Meet Start	6:30pm	8:30am	2:30pm

Session 1: Gentoo Penguin Plunge - Friday PM Session

Event #	Gender	Event Name	Gender	Event #
101	Mixed	11-21 500 Free	Mixed	101
103	Girls	8 & Under 100 IM	Boys	104
105	Girls	9-10 100 IM	Boys	106
107	Girls	11-12 200 IM	Boys	108
109	Girls	13-14 200 IM	Boys	110
111	Girls	15-21 200 IM	Boys	112
113	Girls	8 & Under 100 Free	Boys	114
115	Girls	9-10 200 Free	Boys	116
117	Girls	11-12 200 Free	Boys	118
119	Girls	13-14 200 Free	Boys	120
121	Girls	15-21 200 Free	Boys	122

Session 2: Emperor Penguin Plunge - Saturday AM Session

Event #	Gender	Event Name	Gender	Event #
201	Girls	8 & Under 50 Fly	Boys	202
203	Girls	13-14 200 Fly	Boys	204
205	Girls	15-21 200 Fly	Boys	206
207	Girls	8 & Under 25 Back	Boys	208
209	Girls	13-14 100 Back	Boys	210
211	Girls	15-21 100 Back	Boys	212
213	Girls	8 & Under 50 Breast	Boys	214
215	Girls	13-14 200 Breast	Boys	216
217	Girls	15-21 200 Breast	Boys	218
219	Girls	8 & Under 25 Free	Boys	220
221	Girls	13-14 100 Free	Boys	222
223	Girls	15-21 100 Free	Boys	224
225	Mixed	8 & Under 100 Free Relay	Mixed	225
226	Mixed	13-14 200 Free Relay	Mixed	226

227	Mixed	15-21 200 Free Relay	Mixed	227
		15 Minute Break		
228	Mixed	11-21 1650 Free	Mixed	228

Session 3: King Penguin Plunge - Saturday PM Session

Event #	Gender	Event Name	Gender	Event #
301	Girls	9-10 50 Fly	Boys	302
303	Girls	11-12 50 Fly	Boys	304
305	Girls	9-10 100 Back	Boys	306
307	Girls	11-12 100 Back	Boys	308
309	Girls	9-10 50 Breast	Boys	310
311	Girls	11-12 50 Breast	Boys	312
313	Girls	9-10 100 Free	Boys	314
315	Girls	11-12 100 Free	Boys	316
317	Mixed	9-10 200 Medley Relay	Mixed	317
318	Mixed	11-12 200 Medley Relay	Mixed	318

Session 4: Royal Penguin Plunge - Sunday AM Session

Event #	Gender	Event Name	Gender	Event #
401	Girls	8 & Under 25 Fly	Boys	402
403	Girls	13-14 100 Fly	Boys	404
405	Girls	15-21 100 Fly	Boys	406
407	Girls	8 & Under 50 Back	Boys	408
409	Girls	13-14 200 Back	Boys	410
411	Girls	15-21 200 Back	Boys	412
413	Girls	8 & Under 25 Breast	Boys	414
415	Girls	13-14 100 Breast	Boys	416
417	Girls	15-21 100 Breast	Boys	418
419	Girls	8 & Under 50 Free	Boys	420
421	Girls	13-14 50 Free	Boys	422
423	Girls	15-21 50 Free	Boys	424
425	Mixed	8 & Under 100 Medley Relay	Mixed	425
426	Mixed	13-14 200 Medley Relay	Mixed	426
427	Mixed	15-21 200 Medley Relay	Mixed	427

Session 5: Macaroni Penguin Plunge - Sunday PM Session

Event #	Gender	Event Name	Gender	Event #
501	Girls	9-10 100 Fly	Boys	502

503	Girls	11-12 100 Fly	Boys	504
505	Girls	9-10 50 Back	Boys	506
507	Girls	11-12 50 Back	Boys	508
509	Girls	9-10 100 Breast	Boys	510
511	Girls	11-12 100 Breast	Boys	512
513	Girls	9-10 50 Free	Boys	514
515	Girls	11-12 50 Free	Boys	516
517	Mixed	9-10 200 Free Relay	Mixed	517
518	Mixed	11-12 200 Free Relay	Mixed	518

Lodging & Attractions - VisitWashMo.Com

Hotels

Best Western
2621 E. Fifth Street
Washington, MO 63090
636-390-8877
www.washington.com

Old Dutch Hotel & Tavern
227 Elm Street
Washington, MO 63090
636-390-4400
olddutchtavern.com/hotel

River Sirens Hotel
4 East Main Street
Washington, MO 63090
636-584-4369
riversirensotel.com

Super 8 Washington
2081 Eckelkamp Court
Washington, MO 63090
636-875-1616
the.super8.com

Inn at Elijah McLean's
600 W. Front Street
Washington, MO 63090
636-900-9330
elijahsinn.com

The Front Street Inn
430 W. Front Street
Washington, MO 63090
636-900-9330
frontstreetcellarsandinn.com

Bed and Breakfast

2nd Street Loft
10 W. Second Street
Washington, MO 63090
314-393-9823
loftwashmo.com

Aletha-Marie Krog Guest House
7 E. Second Street
Washington, MO 63090
314-583-9650
kroghouse.com

Beekeeper's Cottage
317 Locust Street
Washington, MO 63090
636-306-2470
missourihaus.com

Brick House of Washington
311 West Fifth Street
Washington, MO 63090
314-827-4646
brickhouseofwashington.com

Brick Inn Bed and Breakfast
516 W. Third Street
Washington, MO 63090
636-390-3264 or 314-440-7140
brickinnbedandbreakfast.com

Cedar Haus
312 Cedar Street
Washington, MO 63090
636-306-2470
missourihaus.com

Clementine Cottage
312 High Street
Washington, MO 63090
314-518-7274

Downtown Boho Bungalow
15 E. Second Street
Washington, MO 63090
636-900-9409

Elbert Haus
504 West 3rd Street
Washington, MO 63090
636-432-2255

Gottfried's Cabin Gast Haus
124 Jefferson Street
Washington, MO 63090
636-239-1743
gottfriedscabin.com

Guest House on Locust
205 Locust Street
Washington, MO 63090
314-583-9650

Hawley House
130 E. Fifth Street
Washington, MO 63090
636-231-5660

