

	Cavalier Aquatics Pentathlon Intrasquad September 21, 2025 SANCTION NO.VS-26-023		
SANCTION:	- Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-26-023 - USA Swimming, Inc., Virginia Swimming, Inc., the Brooks Family YMCA, and Cavalier Aquatics/ Piedmont Family YMCA shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.		
LOCATION:	Brooks Family YMCA 151 McIntire Park Drive Charlottesville Va. 22902 434-974-9622		
FACILITY	10 lane 25Y indoor pool with a depth of 9' at the start end and 4' at the turn end. Lanes are 7' wide with nonturbulent lane lines. Colorado starting blocks and Colorado timing system will be used with 2 buttons and 2 watches per lane. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations - Medical Assistance Available: - Equipment on Deck – first aid supplies, oxygen tank, BVM Medical Equipment adjacent to the Deck – AED and supplies - Safety Supplies on Deck – lifeguard chairs (3), lifeguard tubes (multiple), backboards (3), ring buoy (2), Shepard's hook, fire extinguisher (3) - Safety Team Members on Deck – 3 to 4 certified Lifeguards, 3+ coaches with STFSC and CPR, 1 program staff member (Aquatics Coordinator or Aquatics Director), 2 Meet Directors, 2+ Meet Marshals - Safety Team in Building – 2+ staff members - All certified lifeguards carry a resuscitation mask and gloves - In order to provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. (If applicable)		
MEET DIRECTOR:	Marco Mejias marcomejias@hotmail.com 512-786-3179	Kristen Wells Kw2fm@virginia.edu 804-363-8645	
ELIGIBILITY	- Open to all athletes on Cavalier Aquatics/Piedmont Family YMCA who are registered with USA Swimming before the first day of the meet. - Age on September 21, 2025 will determine age for the entire meet. - All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. 2024-2028 NAG time standards are in effect. - No on deck Virginia Swimming athlete registration will be permitted.		
DISABILITY SWIMMERS:	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. - The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form.		
ATHLETES WITH A SERIOUS MEDICAL CONDITION	- The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g, concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. - This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. - The swimmer/coach shall provide a Personal Assistant(s) as needed.		

FORMAT:	• All athletes will swim in the morning session. • All events will be timed finals. • The meet referee reserves the right to add breaks if needed after receiving meet entries. • Following the receipt of entries, the number of lanes to be used will be determined.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 9, 2025. • Swimmers may enter a maximum of 5 individual events (pentathlon format). • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Please email entries to CA-Y entries coordinator Conor Hassard chassard@piedmontymca.org • Deck entries will be accepted if there is an open lane available, but no additional heats will be created.
FEES:	• Swimmer Fee: \$2.50 per person (entered in the meet in any capacity) • Swimmer meet fee: \$35.00 per person (flat rate regardless of number of swims)
SEEDING:	• All events will be pre-seeded.
WARM-UP:	• Morning sessions: Warm-ups at 7:50 a.m.; competition starts at 9:00 a.m. • The host team will email warm-up times to participants no later than Friday, September 19, 2025. Warm-up times will also be posted to the Cavalier Aquatics website
AWARDS:	• No awards will be given
PENALTIES:	• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • All 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 MAAPP is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S 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. • 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, officials and/or spectators are present without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with VSI best practices, all swimmers should shower before entering the pool. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

OFFICIALS:	Meet Referee: Geoff Alms Email: geoffalms@gmail.com • Officials will be needed for all positions and all sessions for this meet. • Officials and trainees wishing to work the meet should submit their names and session availability to Lisa Bendall at mailto:lbendall75@gmail.com no later Tuesday, September 16, 2025. Alternatively, officials and trainees may submit their availability at the following link: CA-Y Pentathlon Sign Up • An officials meeting will take place at 8:15 a.m.
SAFETY:	MEET SAFETY OFFICER Name: Bethany Coyne Email: bethanycoyne@gmail.com Phone: 434-466-5892 • Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• There will be 2 timers per lane. 2 buttons and 2 watches will be used in each lane.
GENERAL:	• Hospitality will not be provided at this meet. • The heat sheet will be posted to the Cavalier Aquatics website prior to the start of the meet.
FACILITY RULES:	• Deck access to the pool will be strictly enforced. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. • The YMCA and its property are a smoke-free environment. Smoking, including e-cigarettes, cannabis or any kind of tobacco is NOT permitted on YMCA property.

**CAVALIER AQUATICS/PIEDMONT FAMILY YMCA
PENTATHLON ORDER OF EVENTS**

Sunday, September 21, 2025

Morning Session

Warm-up: 7:50a.m.; Start: 9:00 a.m.

Mixed	Events	
1	8 and under 25 freestyle	
2	9-10 50 freestyle	
3	11-12 50 freestyle	
4	13-14 100 freestyle	
5	Open 100 freestyle	
6	8 and under 25 backstroke	
7	9-10 50 backstroke	
8	11-12 50 backstroke	
9	13-14 100 backstroke	
10	Open 100 backstroke	
11	8 and under 100 IM	
12	9-10 100 IM	
13	11-12 100 IM	
14	13-14 100 IM	
15	Open 100 IM	
16	8 and under 25 butterfly	
17	9-10 50 butterfly	
18	11-12 50 butterfly	
19	13-14 100 butterfly	
20	Open 100 butterfly	
21	8 and under 25 breaststroke	
22	9-10 50 breaststroke	
23	11-12 50 breaststroke	
24	13-14 100 breaststroke	
25	Open 100 breaststroke	
26	8 and under 50 freestyle	
27	9-10 100 freestyle	
28	11-12 100 freestyle	