

Muskegon MYST Pentathlon

Saturday November 9,2019

About the Meet:

This meet is a sanctioned YMCA Swim Meet sanction number this is a time final meet on behalf of USA Swimming (USA-S). In granting this approval it is understood and agreed that YMCA and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the cond

Date:

Saturday November 9,2019

Hosted by:

Muskegon Y Swim Team (MYST)

Location:

Grand Haven High School
17001 Ferris Street
Grand Haven, MI 49417

Time:

9:00 a.m. warmup
10:00 a.m. start

Directions:

From US 31: Turn west on Ferris St. south of Grand Haven and take the first driveway on the right into the high school facility. The pool is located at the north end of the building and has its own entrance.

Accommodations:

There are several hotels in the Grand Haven area as well as Muskegon. Please check your local travel site or preferred hotel.

Parking:

Parking in the north parking lot closest to the football field for the shortest walk to the pool.

Facilities:

Grand Haven Aquatic is an 8-lane pool with supervised warm-up and warm down area

available. Depth at start is 8-14 feet and 3.514 feet at the turn. Permanent starting blocks and non-turbulent lane markers will be used. Colorado timing system with an 8-lane display will be used. There is ample balcony seating for spectators. Lockers are available (provide your own lock). Public phones will be available. The competition

Admissions:

Entry into the meet is \$5.00 per person. Children 12 and under with an adult are free. Event programs will be available for \$3.00.

Athlete Eligibility:

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Status: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least 4 years of age, and not older than twenty-one (21) years of age on the first day of the meet.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

Coaches:

Required Certifications: Coaches must hold the following certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principals of YMCA Competitive Swimming and Diving

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES OR SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without a Coach at the Meet: All athletes and teams must have at least one

certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have the current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

Rules:

All YMCA guidelines and regulations covering warm-ups and deck personnel will be followed. All rules and safety procedures will be followed.

Meet Format:

The Pentathlon is an age group timed final meet. All events are timed finals. All events will be swum slowest to fastest.

Entry Limit:

Swimmers may enter all five (5) events in their age group. To be eligible for high point winner, a swimmer must have participated in all five events.

Deck Entries:

Deck entries will not be allowed.

Scoring:

Individual events will be scored for 16 places (20,17,16,15,14,13,12,11,9,7,5,4,3,2,1). There will be no team scoring.

Awards:

Medals will be awarded for 1st thru 6th and ribbons 7th thru 12th. High point trophy will be awarded to a boy and girls in each age group. There are no team awards.

Results:

Complete results will be posted in the hall and a copy will be e-mailed to each team.

Electronic Entries:

\$5.00 per event. Make checks payable to MYST

Officials and Timers:

We are asking for level 1 and 2 Officials to volunteer. Please contact Annette Bakay(abakay62@msn.com) regarding volunteering. We would also appreciate teams supplying 1 or 2 timers for the meet.

Check In:

All swimmers **MUST CHECK IN.** Check in will be available 30 minutes before the start of warm-ups (830 am). **Check in will close 15 minutes after warm-ups begin.**

Scratch Rules:

Prior to check in closes a swimmer may scratch events at the Clerk of Course, after check in closes you must see the Meet Referee to scratch an event.

Marshalling:

10 and Under swimmers will be marshalled. Sell marshalling for 11 and Up Swimmers.

Seeding:

All events are times finals and will be seeded slowest to fastest based on times submitted.

Concessions:

Food and beverages will be available at the concession area. A hospitality area will be available for coaches and officials.

Lost and Found:

Articles not picked up at the end of the meet will be retained by Joshua Taylor (MYST Head Coach) for at least 14 days and then donated to charity.

Swimming Safety:

Michigan Swimming warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm down pool and diving well. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet.

Deck Personnel/Locker Rooms/Credentialing:

Only registered and current coaches, athletes, officials and meet personnel are allowed on deck or in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or Meet

Referee. The General Chair of MS, Program Operations, Vice-Chair of MS, Officials Chair of MS, and Michigan Swimming Office staff are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with disability of coach of an athlete with disability. Lists of registered coaches, certified officials and meet personnel will be placed outside the door to the locker rooms/pool deck. Meet personnel will check the list of approved individuals and issue a credential to be displayed at all times during the meet. This credential will include the host team logo, name as well as function of the individual granted access to the pool deck (Coach, Official, Timer or Meet Personnel). In order to obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at conclusion of working. All access points to the pool deck and locker rooms will either be secured or staffed by meet worker checking credentials throughout the duration of the meet.

Liability Limits:

In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

Emergencies:

The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

Unaccompanied Athlete:

Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

Concussion Awareness:

This meet will follow the YMCA of the USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staffs, and the Meet Director. If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director.
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in

compliance with the laws that are in effect within the jurisdiction where the meet is held.

3. The coaching staff will inform the athlete's parents or guardians about possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

Lightening Policy:

The National Lightning Safety Institute, National Athletic Association, American College of Emergency Physicians, USA Swimming and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

General Info:

Any error of omissions in the program will be documented and signed by the Meet Referee and available for review at the Clerk of Course for Coaching review. Information will also be covered at the Coaches' Meeting.

First aid/Facility Items:

Supplies will be kept in pool office and administered by pool lifeguard staff.

- A. No smoking is allowed in the building or on the grounds of Grand Haven High School.
- B. Pursuant to applicable Michigan law, no glass will be allowed on the deck of the pool or in the locker rooms.
- C. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway to awards or concessions.
- D. To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- E. Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.
- F. Operation of 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.

Muskegon MYST Pentathlon

Event List

Girls	Events	Boys
1	8 and Under 100 Yard IM	2
3	9-10 100 Yard IM	4
5	11-12 100 Yard IM	6
7	13-14 100 Yard IM	8
9	15 & Over 100 Yard IM	10
11	8 and Under 25 Yard Freestyle	12
13	9-10 50 Yard Freestyle	14
15	11-12 50 Yard Freestyle	16
17	13-14 50 Yard Freestyle	18
19	15 and Over Freestyle	20
21	8 and Under 25 Yard Butterfly	22
23	9-10 50 Yard Butterfly	24
25	11-12 50 Yard Butterfly	26
27	13-14 50 Yard Butterfly	28
29	15 and Over 50 Yard Butterfly	30
31	8 and Under 25 Yard Backstroke	32
33	9-10 50 Yard Backstroke	34
35	11-12 50 Yard Backstroke	36
37	13-14 50 Yard Backstroke	38
39	15 and Over 50 Yard Backstroke	40
41	8 and Under 25 Yard Breaststroke	42
43	9-10 50 Yard Breaststroke	44
45	11-12 50 Yard Breaststroke	46
47	13-14 50 Yard Breaststroke	48
49	15 and Over 50 Yard Breaststroke	50

