

	<p align="center">35th Annual Newport County YMCA Pentathlon</p> <p align="center">792 Valley Rd, Middletown, RI 02842</p> <p align="center">February 2, 2025</p> <p align="center">Held under the sanction of USA Swimming/New England: NE25-_____</p>	<p align="center">Hosted by</p> <p align="center">Newport County YMCA Wahoos</p>
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Meet Director	Jason Buchanan	ottercoach@cox.net	401-212-6576
Meet Referee	Tony Parente	tony.parente1969@gmail.com	401-265-1284
Entry Chair	Maruti Kolluru	maruti515@gmail.com	610-804-2453
Admin Official	Bethany Gilpin	thegilpins@cox.net	401-222-9522
Safety Monitor	Jason Buchanan	ottercoach@cox.net	401-212-6576

SESSIONS:

Date	Session Name	Warm up	Start
February 2	13&Overs/8&Unders	7:30 AM	8:30 AM
February 2	9-12	1:30 PM	2:30 PM

The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. **Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.**

IMPORTANT DEADLINES	<p>First date of entry: 1/6/2025</p> <p>Final date of entry: 1/27/2025</p> <p>Payment deadline: 2/2/2025</p>
SITE	<p>The Newport County YMCA Competition Pool is a 6-lane, 25-yard pool with 6-foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish end of the pool. There are no touchpads at the turn end of the pool. The finish end of the pool is 10 feet deep; the turn end of the pool is 3 feet deep. Spectator seating is for 200. The pool is located inside the Newport County YMCA, 792 Valley Road, Middletown RI 02842. Please enter through the main entrance.</p>

	There will be limited parking on the premises. PLEASE DO NOT PARK ON VALLEY ROAD IF THE PARKING LOT IS FULL AS CARS WILL BE TOWED IF PARKED ALONG THE STREET.
FORMAT:	<ul style="list-style-type: none"> · Swimmers will swim an event of each stroke (25s for 8&Unders, 50s for 9-12s, and 100s for 13&Overs). The top 18 cumulative times in each age group will then swim in the IM event (100s for 10&Unders, 200s for 12&Overs) at the end of the session. The Top 6 cumulative times including the IM will be awarded medals. · No events will swim with more than one swimmer per lane · 25-yard events will start at start end and will be timed with 2 electronic plungers and stopwatches
SCRATCHES	<ul style="list-style-type: none"> · Scratch sheets will be used for all sessions and must be turned in at the control table 30 minutes before the start of each session.
COURSE	SCY
ELIGIBILITY	<p>YMCA Membership: An athlete must be a YMCA member in good standing who holds a full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the date of the competition. An athlete may have only represented that YMCA team in competition since September 1, 2024 excluding interscholastic competition.</p> <ul style="list-style-type: none"> • The age-up date is as of February 2, 2025. • 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 Athletes: There is no unattached status in YMCA Swimming. • Coaches must hold current certifications in the following courses in order to receive a deck credential: <ul style="list-style-type: none"> o Safety Training for Swim Coaches o Basic Life Support (Professional Rescuer CPR) o First Aid o Principles of YMCA Competitive Swimming and Diving o Child/Athlete Protection training. • Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

	<ul style="list-style-type: none"> • Teams without a coach at the meet: All athletes and teams must have at least once 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 prior to the entry fee deadline. <ul style="list-style-type: none"> · Deck registrations will NOT be accepted. · Swimmers must meet qualifying times for all 5 events to be eligible for the meet. (See end of meet packet for qualifying times)
DISABILITY SWIMMERS	<ul style="list-style-type: none"> · 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.
ENTRY POLICY	<p>USA Swimming Closed Competition- These meets meet the USA Swimming definition of closed competition:</p> <ul style="list-style-type: none"> · Competition exclusively among members of a single club · Competition or series of competition within an independent organization open only to members of that organization, such as: <ul style="list-style-type: none"> ○ YMCA competition ○ Summer league competition ○ Conference competition · Closed competition does not include representing a group within USA Swimming such as LSC, Zone, Region, or Section, nor does it include dual meets, invitationals, or other meets where only certain clubs are invited to participate.
CUT PROTOCOL	<p>If a session is over-subscribed, the Meet Director reserves the right to limit events, heats, swimmers, or adjust the format to conform to the 4-hour policy using any protocol deemed necessary:</p>

ENTRIES	<ul style="list-style-type: none"> · Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file. For email entries, payment and hardcopy of the entry (including signed entry cover page and waiver) must be received by: February 2, 2025 . Failure to pay entry fees by this deadline could result in teams being barred from the meet. · Mail completed signed entry cover page and waiver, and payment to the entry chairperson: <ul style="list-style-type: none"> ○ Newport County YMCA attn: Emily Cush ○ 792 Valley Road ○ Middletown, RI 02842. · Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to the Newport County YMCA. Late payment of entry fees may result in future exclusion from meets hosted by our club. · IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. · Entries will be acknowledged within 48 hours (choose one) of the first date of entry if they are accepted into the meet. <i>Your entry is considered received only if you receive an acknowledgement.</i> · All entry times must be entered in the specified meet course. (Coach's times SHOULD be used instead of NT's) · Athletes will be entered in all 5 events for their age group (all 4 strokes + IM event). · ENTRY TIME UPDATES: Entry times may be updated until the Monday prior to the first day of the meet. No new entries will be accepted after the entry deadline. Entry time updates should be sent via email to the entry chair. Entry time updates must be sent as Hy-Tek format CL2 files with updated times. (New entries will be automatically excluded.) · No deck entries will be accepted.
FEES	<ul style="list-style-type: none"> · Fees for this meet will be \$25 per swimmer. · Spectators will be charged \$5 at the door.
MEET MOBILE	MEET MOBILE: Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.
WARM-UP	Warm up schedules will be sent out 3 days before the start of the meet. There will be 2-3 warm up sessions depending on the number of swimmers.

AWARDS	Top 6 swimmers in each age group and gender will be awarded medals at the end of the session.
SCORING	The meet will not be scored.
SWIMWEAR	Per USA Swimming rules (102.8.1.F), 12 & Under swimmers may not wear a Technical Suit at any Sanctioned, Approved, or Observed meet. The age of the swimmer is determined on the first day of the meet. Guidance on identifying compliant and non-compliant suits can be found on the USA Swimming website under Tech Suit Restriction for 12-and-Under Swimmers .
RULES	<ul style="list-style-type: none"> · The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. · 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>. · PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Newport County YMCA, or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. · VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. · Deck Changing is PROHIBITED. · 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. · According to New England Swimming Best Practices, all athletes should shower before entering the pool. · In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming or YMCA coaching 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.

<p>SAFETY</p>	<ul style="list-style-type: none"> · No shaving is permitted at the competition site. · No glass containers are permitted within the facility. · Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. · In the case of an emergency, the Newport County YMCA's Emergency Action Plan will be followed. <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> · Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time. · For all warm-up sessions, swimmers must utilize a "sit and slide"/ "three-point" entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. · During competition, when entering the warm-up/warm-down area, a "sit and slide"/ "three-point" entry is required at all times." · In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety.
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SAFE SPORT	<ul style="list-style-type: none"> · The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. · The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet. · Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. · For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. · All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before February 2, 2025, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before February 2, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
CHANGES TO MEET	Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone . Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.
WEATHER/ FACILITY PROTOCOL	If weather or facility conditions make it impossible to follow the original timeline of events, the Meet Director and Meet Referee have a right to make changes to the meet sessions. The Meet Director will notify the teams of the changes with as much notice as possible. Cancellation of the meet, or a session, is the decision of the Meet Director, Meet Referee and the Meet Jury.
MEET JURY	The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.

DECK ACCESS	Only current USA Swimming or YMCA registered athletes, coaches, officials, and official meet staff are permitted on the pool deck. All non-athletes on the pool deck must produce proof of their valid USA Swimming or YMCA registration when asked. Deck Pass is an acceptable proof of membership. Individuals without proof of a valid membership will be removed from the pool deck and will be fined by New England Swimming of \$100 to the coach, and \$200 to the coach's club.
OFFICIALS	Officials that know they will be attending the meet are highly encouraged to email the Meet Referee and let him/her know your level of certification, team, and sessions you will be available.
GENERAL	<p>There will be a concession stand for all participants to purchase food. There will also be a t-shirt vendor on site to purchase shirts for the meet.</p> <p>The Meet Host will be looking for teams to provide timers and officials to run the meet. Separate correspondence will be sent out to all participating teams.</p>
EVENTS	List events and sessions below
WAIVERS	USA Swimming, Inc., New England Swimming, Inc., and Newport County YMCA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Meet Qualifying Times

Session 1 (Ages 8 & U, 13+): Warmups-7:30am. Start-8:30am

EVENT#		Qualification Times
1-2	8&Under 25 yd Butterfly	:40.00
3-6	13 & Over 100 yd Butterfly	1:40.00
7-8	8&Under 25 yd Backstroke	:30.00
9-12	13 & Over 100 yd Backstroke	1:35.00
13-14	8&Under 25 yd Breaststroke	:40.00
15-18	13 & Over 100 yd Breaststroke	1:40.00
19-20	8&Under 25 yd Freestyle	:26.00
21-24	13 & Over 100 yd Freestyle	1:25.00
25-26	8&Under 100 yd IM	2:20.00
27-28	13-14 200 IM	3:40.00
29-30	15+ 200 IM	3:40.00

Session 2 (Ages 9-12): Warmups-1:30pm. Start 2:30pm

EVENT#		Qualification Times
31-32	9-10 50 yard Butterfly	:58.00
33-34	11-12 50 yard Butterfly	:54.00
35-36	9-10 50 yard Backstroke	:58.00
37-38	11-12 50 yard Backstroke	:49.00
39-40	9-10 50 yard Breaststroke	:58.00
41-42	11-12 50 yard Breaststroke	:52.00
43-44	9-10 50 yard Freestyle	:45.00
45-46	11-12 50 yard Freestyle	:43.00
47-48	9-10 100 yard IM	1:50.00
49-50	11-12 200 yard IM	3:50.00

35th Annual Newport County YMCA Pentathlon

ORDER OF EVENTS

Session: 1 Warm-up: 7:30 AM Start: 8:30 AM		
<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
1	8&Under 25 Yard Butterfly	2
3	13-14 100 Yard Butterfly	4
5	15&Over 100 Yard Butterfly	6
7	8&Under 25 Yard Backstroke	8
9	13-14 100 Yard Backstroke	10
11	15&Over 100 Yard Backstroke	12
13	8&Under 25 Yard Breaststroke	14
15	13-14 100 Yard Breaststroke	16
17	15&Over 100 Yard Breaststroke	18
19	8&Under 25 Yard Freestyle	20
21	13-14 100 Yard Freestyle	22
23	15&Over 100 Yard Freestyle	24
25	8&Under 100 Yard Individual Medley	26
27	13-14 200 Yard Individual Medley	28
29	15&Over 200 Yard Individual Medley	30

Session: 2 Warm-up: 1:30 PM Start: 2:30 PM

<u>Girls #</u>	<u>Events</u>	<u>Boys #</u>
31	9-10 50 Yard Butterfly	32
33	11-12 50 Yard Butterfly	34
35	9-10 50 Yard Backstroke	36
37	11-12 50 Yard Backstroke	38
39	9-10 50 Yard Breaststroke	40
41	11-12 50 Yard Breaststroke	42
43	9-10 50 Yard Freestyle	44
45	11-12 50 Yard Freestyle	46
47	9-10 100 Yard Individual Medley	48
49	11-12 200 Yard Individual Medley	50

ENTRY PAYMENT AND LIABILITY RELEASE FORM**35th Annual Newport County YMCA Pentathlon****792 Valley Road Middletown RI 02842, February 2, 2025**

Held under the sanction of USA Swimming/New England: NE25-_____

CONTACT INFO	CLUB NAME: CONTACT NAME: CONTACT EMAIL: CONTACT CELL PHONE:
ENTRY FEES	Swimmer Participation Fee: # athletes_____ @ \$ 25.00 = \$ _____ NE Travel Surcharge: # athletes _____ @ \$1.00 each = \$ _____ TOTAL DUE: \$ _____
PAYMENT	Make checks payable to: Newport County YMCA Send to: Newport County YMCA attn: Emily Cush 792 Valley Road, Middletown, RI 02842 Payment deadline: 2/2/2025
WAIVER:	LIABILITY RELEASE Any swimmer whose entry is accepted will, for him/herself, his/her theirs, executors and administrations, waive and release any and all rights and claims for damages he/she may have against United States Swimming, New England Swimming Inc, Newport County YMCA for any and all injuries suffered by him/her at said meet, including Covid 19. In submitting this entry, the undersigned team certifies that all athletes in the entry are registered with USA Swimming and understands that the team may be fined \$100 for each swimmer in the entry that is not registered with USA Swimming. _____ Signature of Authorized Team Official _____ Date