



**YMCA SPRING PENTATHLON SCM**  
**Saturday, April 13<sup>th</sup>, 2019**

- ASAJ SANCTION#:** 21909
- VENUE:** **YMCA KINGSTON**  
21 Hope Road  
Kingston 10, Jamaica
- FACILITY:** Eight (8) Lane 25M Competition Pool  
16M Warmup Pool  
COLORADO DOLPHIN WIRELESS STOPWATCHES  
Meet Scoring: TOUCHPAD by TEAM UNIFY
- DATE:** **SATURDAY, APRIL 13<sup>th</sup>, 2019**
- TIMES:** (Pool opens 1½ hours before start of a session.)  
Session 1 Start: 9:00 am                      Session 2 Start: 1:00 pm  
**Note: depending on the number of participants, juniors may have to swim in the morning and seniors separately in the afternoon due to limited parking and seating at the venue. Carpooling is recommended.**
- ELIGIBILITY:** All clubs, schools and unattached swimmers are welcome.  
Age Group ages for the meet shall be as at midnight April 12<sup>th</sup>, 2019.
- ENTRY LIMITS:** Number of events per swimmer: five (5) including relays,  
pentathlon swimmers are ineligible to compete in the relays.  
Number of entries per individual event per club: no limit.  
Number of relays per club: no limit but only two (2) will score.
- ALL EVENTS ARE TIMED FINALS**
- ENTRY FEES:** JA \$150.00 per swimmer, per individual event  
JA \$250.00 per team, per relay  
JA \$300.00 surcharge per swimmer  
Please make cheques payable to: Kingston YMCA  
Entry fees must be paid in full before the meet.  
Entries must be submitted in Hytek format.  
Manual entries will attract a JA\$500.00 administrative fee.

- ENTRY DEADLINE:** 4.00 pm FRIDAY, MARCH 29<sup>th</sup>, 2019  
Entries are to be delivered to the Kingston YMCA or emailed to: [yspeedos@gmail.com](mailto:yspeedos@gmail.com)
- ENTRY FORMS:** Individual and relay entries can be indicated with NT, but seed times are preferred. If 25M times are unavailable, please enter the equivalent 50M time divided by two.
- RULES:** FINA Rules and ASAJ Bye-Laws in force at the time of competition will apply unless otherwise stated.  
Deck entries will be accepted, if space is available, upon payment of \$300 in the YMCA office. Please present receipt.  
Deck entries will not score points or count towards the pentathlon. Times achieved at this meet are not applicable to any ASAJ rankings or records.
- PENTATHLON RULES:** Pentathletes will be ranked according to the **lowest cumulative time** of all five events. Missing an event and/or getting a DQ in any of the five events will render the swimmer ineligible for a pentathlon award. 6&U swimmers are ineligible for a pentathlon award.
- MARSHALLING:** There will be no marshalling area for the meet. The next heat must be behind the blocks while the current heat is in progress. Coaches are responsible to get their swimmers to the starting block. Any swimmer swimming in the wrong heat and/or lane will be disqualified.  
Swimmers may not enter the race after the Referee has handed control over to the Starter.
- RELAYS:** Relay cards must be handed to the Recorder thirty (30) minutes before the beginning of the session. Duplicate copies are not required. Swimmers must be named in the order of swimming on the card. Any change may be made up to FOUR (4) events prior to the scheduled event number.
- SCORING:** Individual Events score 9,7,6,5,4,3,2,1 points for places 1-8  
Relays score 18, 14, 12, 10, 8, 6, 4, 2 points for places 1-8  
Unattached swimmers will not score any points.
- AWARDS:** Ribbons will be awarded to places 1-3 in the individual events and 1<sup>st</sup> place only in the relay events. Medals will be awarded to places 1-3 in the pentathlon final rankings only.
- GATE ENTRY:** Gate fee is included for swimmers, spectators pay \$400 for the day. Programs will be sold at the gate.

**PARKING:** Limited parking is available at the YMCA. The charge for parking is \$200 per vehicle. Please follow the directions by the parking wardens in case off-site parking is available.

**CONCESSIONS:** Snacks, fruit, meals and drinks on sale throughout the meet.

**ADDITIONAL RULES:** Teams are required to submit a list of volunteers to act as technical officials and to perform other duties essential to the smooth running of the competition. Teams must submit the names of volunteers to the YMCA office at least 4 days before the start of the competition.

Volunteers **MUST** report to the volunteer desk at least 60 minutes before the start of the competition for registration and assignment. Clubs are expected to provide the following number of volunteers:

- 1-5 swimmers entered: one (1) volunteer per session
- 6-10 swimmers entered: two (2) volunteer pers session
- 11-20 swimmers entered: four (4) volunteers per session
- 21-40 swimmers entered: five (5) volunteers per session
- Unattached swimmers: one (1) volunteer for one (1) session

The 'Y' Speedos Swim Club is pleased to organize, promote and run this meet series on behalf of the YMCA.

All proceeds will go to the host of this event, the Kingston 'Y' and will benefit the staffing, upkeep, and enhancement of the Pool Complex.

Organizers: Mr. Garth Riley  
Kingston YMCA  
Tel: (876) 369-8123  
Email:  
kymcaprogrammescoor@gmail.com

Mr. Pieter van der Leer  
'Y' Speedos Swim Club  
Tel: (876) 314-1093  
Email:  
jp.vanderleer@gmail.com

**YMCA SPRING PENTATHLON SCM  
APRIL 13<sup>th</sup>, 2019**

**ORDER OF EVENTS**

**Session 1: Saturday 9:00 am**

<b>Girls</b>	<b>Boys</b>	<b>Age-G</b>	<b>Dist</b>		<b>Stroke</b>
1	2	7-8	100	SCM	IM
3	4	9-10	100	SCM	IM
5	6	11-12	100	SCM	IM
7	8	13&O	100	SCM	IM
9	10	6&U	25	SCM	BACK
11	12	7-8	25	SCM	BACK
13	14	9-10	50	SCM	BACK
15	16	11-12	50	SCM	BACK
17	18	13&O	50	SCM	BACK
19	20	6&U	25	SCM	FLY
21	22	7-8	25	SCM	FLY
23	24	9-10	50	SCM	FLY
25	26	11-12	50	SCM	FLY
27	28	13&O	50	SCM	FLY
	29	8&U	100	SCM	MIXED FREE RELAY
	30	9-10	200	SCM	MIXED FREE RELAY
	31	11-12	200	SCM	MIXED FREE RELAY
	32	13&O	200	SCM	MIXED FREE RELAY

**Session 2: Saturday 1:00 pm**

<b>Girls</b>	<b>Boys</b>	<b>Age-G</b>	<b>Dist</b>		<b>Stroke</b>
33	34	6&U	25	SCM	BREAST
35	36	7-8	25	SCM	BREAST
37	38	9-10	50	SCM	BREAST
39	40	11-12	50	SCM	BREAST
41	42	13&O	50	SCM	BREAST
43	44	6&U	25	SCM	FREE
45	46	7-8	25	SCM	FREE
47	48	9-10	50	SCM	FREE
49	50	11-12	50	SCM	FREE
51	52	13&O	50	SCM	FREE
	53	8&U	100	SCM	MIXED MEDLEY RELAY
	54	9-10	200	SCM	MIXED MEDLEY RELAY
	55	11-12	200	SCM	MIXED MEDLEY RELAY
	56	13&O	200	SCM	MIXED MEDLEY RELAY