

# ***Lake County West End YMCA 43<sup>rd</sup> Annual Aqua Pentathlon***

Sunday, February 12, 2012

<b><u>Warm-ups</u></b>	8 & Under	8:45-9:00
	9-10	9:00-9:15
	11-12	9:15-9:30
	13 & Over	9:30-9:45

**Meet Starts**  
10:00

## **Location**

West End YMCA, 37100 Euclid Ave. (Rt. 20), Willoughby, OH 44094 (about 1 mile east of Rt. 91)  
440-946-1160

[Click here for map](#)

## **What is the Aqua Pentathlon?**

All swimmers compete in 5 events. Points are awarded for each event as described below. The overall winners are those with the greatest sum of points for all 5 events. Points are awarded by dividing the swimmer's time by the time standard (our pool record) and multiplying by 1000. Thus, a swimmer who equaled the record would receive 1000 points for that event, while a swimmer who swam half as fast would receive 500 points. For example, if the record is 30 seconds, and the swimmer's time is 40 seconds, the award would be 750 points ( $30/40 \times 1000 = 750$ ).

## **Eligibility**

Swimmers must be current "Y" members and swim exclusively for their Y team. No unattached swimmers. Age as of Dec. 1, 2011.

## **Girls Events**

1 8 & Un  
3 9-10  
5 11-12  
7 13 & Ov  
9 8 & Un  
11 9-10  
13 11-12  
15 13 & Ov  
17 8 & Un  
19 9-10  
21 11-12  
23 13 & Ov  
25 8 & Un  
27 9-10  
29 11-12  
31 13 & Ov  
33 8 & Un  
35 9-10  
37 11-12  
39 13 & Ov

## **Boys Events**

2 25 Free  
4 50 Free  
6 50 Free  
8 50 Free  
10 25 Fly  
12 50 Fly  
14 50 Fly  
16 100 Fly  
18 25 Back  
20 50 Back  
22 50 Back  
24 100 Back  
26 25 Breast  
28 50 Breast  
30 50 Breast  
32 100 Breast  
34 50 Free  
36 100 Free  
38 100 Free  
40 200 Free

### **Entries**

Best yard times must be submitted for all events. Please email your entry to Laynee Smith (ywildcats@yahoo.com) by February 6, 2012. Hy-Tek entry files are preferred. The entry fee, covering all 5 events, is \$15 per swimmer. Please bring your entry fee to the meet. Sorry, no refunds for swimmers who enter but do not swim. Admission: \$2. Heat sheets: \$3

### **Clerk of Course**

Swimmers will be headquartered in the gym, which tends to be cool, so dress appropriately. Swimmers must have something on their feet when outside of the pool area. NO BARE FEET, PLEASE.

### **Refreshments**

We will have a concession stand in the recreation room. If you bring a cooler, please store it in the recreation room. No coolers are permitted in the pool area or in the gym.

### **Awards**

All points and places will be determined by time only. Electronic timing will be used. Ribbons will be awarded for the top 8 places in each event. Trophies will be presented to the top 8 overall swimmers in each age group immediately following completion of the last event for each age group. There will be no team scoring.

### **Results**

Results will be posted on the NEO Y web site.

### **Additional Information**

Kast-A Way vendors will be available with suits, goggles caps and fun swim items. Contact Terry Phifer at 440-975-8067, or email [terryphifer@ameritech.net](mailto:terryphifer@ameritech.net)