

**ROCKTOBER PENTATHLON**  
**Part I of the Poseidon Championship Series**

Presented by: CFYN Tigersharks

Sunday, October 15, 2023

Held under USA Swimming Approval #LE 24017 SA

In granting this approval, it is understood and agreed that USA Swimming shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**RISK OF EXPOSURE TO COVID 19:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

YMCA Swimming, USA Swimming, Inc., and the CFYN Tigersharks cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in meets. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in this meet, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS YMCA SWIMMING, USA SWIMMING AND LE, CFYN TIGERSHARKS, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**LOCATION:** Ocasek Natatorium, University of Akron, 402 Carroll St, Akron, Oh 44304.

**POOL:** 25 yards by 8 lanes, with Colorado Timing system and digital scoreboard. Continuous warm-up and warm-down during competition will be available. Free parking in lots adjacent to the natatorium. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 14 feet, 0 inches. The depth at the turn end is 8 feet, 0 inches.

**STARTING TIMES:** Morning session (13& over and 8 & under swimmers) warm-ups will begin at 7:30 am for CFYN swimmers. All other teams will begin warm-ups at 8:15. The meet will begin at 9:00am. Time for the second session (9-12 year old swimmers) warm-ups and any necessary revisions to the warm-up plan will be posted on [www.PoseidonChampionshipSeries.com](http://www.PoseidonChampionshipSeries.com), and sent to coaches by Thursday October 12, 2023.

**ENTRY DEADLINE:** Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at [www.neoswim.org](http://www.neoswim.org). Send entries to Keith Turnbull at [Entries@cfyntigersharks.com](mailto:Entries@cfyntigersharks.com). Entries must be received by midnight, Saturday October 7, 2023.

**ENTRY FEES:** The total cost for each swimmer is \$25.00. This includes \$22.00 per swimmer for all five (5) events plus a \$3.00 per swimmer surcharge for Championship series fee and heat sheet printing privileges. Heat sheets will be available for printing at no additional charge at [www.cfyntigersharks.com](http://www.cfyntigersharks.com) by Saturday, October 14, 2023. All entries & surcharges are non-refundable and entries will not be prorated if a swimmer decides to not competes in all 5 events. **No refunds will be given for scratches made after the entry deadline.** . Mail check payable to CFYN Tigersharks to CFYN Swim Boosters, P.O. Box 49, Cuyahoga Falls, OH 44222. Please send only one check per team. . Entry fees may be paid by credit card upon request. Send your request with your entries and we will email an invoice through Square which can be paid on-line. A 3.5% service charge will be added for credit card processing

**ENTRY LIMITATIONS:** Swimmers must swim each of the five events to be eligible for the overall Pentathlon awards. Swimmers may choose to swim less than the 5 events, but the entry fee will not be pro-rated.

- **8 and under** - 25 yards of each stroke plus a 50 yard free.
- **9/10 and 11/12** - 50 yards of each stroke plus a 100 yard free.
- **13 and over** - 100 yards of each stroke plus a 50 yard free.

Coaches are encouraged to estimate entry times rather than sending No Times (NT)

**DECK ENTRIES:** Deck entries will be taken on a space available basis up to 35 minutes before the start of the meet and seeded as NT. No additional heats will be added to accommodate deck entries. Deck entrants should sign up at the deck entry table at a cost of \$30 per swimmer (includes surcharge).

**ELIGIBILITY:** This is a closed YMCA invitational swim meet. All swimmers must be current athlete members of a YMCA swim team. This meet meets the requirements of a closed YMCA meet in determining eligibility to compete in the YMCA Great Lakes Zone meet. All coaches must display the deck pass (wristband) issued by the meet host. Only coaches, swimmers, and meet personnel will be permitted on deck. Age is determined as of December 1, 2023.

**TEAM SUPERVISION:** Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes.

**CONDUCT:** The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures, and the NEO/YMCA Swim League. All events will be timed finals. Heats will be seeded based on times and run slowest to fastest. 25 yard events will start from the blocks on the bulkhead.

**SEEDING & CHECK IN:** Events will be pre-seeded. There is no check in for this meet. There is no penalty for failure to compete, however, a swimmer must swim all five events in his/her age group to be eligible for an overall Pentathlon award.

**CLERK OF COURSE:** A Clerk of Course will be provided for 8 and unders, only. All 8 and under swimmers are required to report to clerk of course before their events.

**SCORING:** Points for each event will be awarded as follows from 1st through 19th places: 20, 18, 17, 16, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1. These points will also be used for the Poseidon Championship Series standings.

**AWARDS:** Overall awards for the Pentathlon will be determined by the point total for all five events. Plaques will be awarded for the top 8 finishers in each age group for both boys and girls. In the event of a tie, a coin will be flipped and the winner will receive the plaque the day of the meet. A duplicate plaque will be mailed to the other swimmer ASAP. Ribbons will be awarded for the top 16 finishers in each event/age group in each event. Poseidon Series points will be awarded and posted on the PoseidonChampionshipSeries.com website within a few days of the completion of the meet.

**ADMISSION COST:** \$6.00 Adults. Everyone is encouraged to print heat sheets at no additional cost at [www.PoseidonChampionshipSeries.com](http://www.PoseidonChampionshipSeries.com). A limited number of heat-sheets will be sold for \$4.00 each.

**Concessions:** A Concession stand may be available and run by an independent company contract through the University of Akron. The host team does not control or profit from any part of the concession stand.

**T-Shirts:** T-shirts and other Poseidon Championship Series merchandise will be available to pre-order. Orders may be placed on-line from the store link on the PoseidonChampionshipSeries.com website. A small numbers of shirts and other merchandise will be available on the day of the meet.

**PARKING:** Parking is free at the lots adjacent to and across the street from the natatorium and at the parking garage at the corner of Carroll and Spicer Streets.

**RESULTS:** Will be posted on the NEO YMCA League website & the Poseidon Championship series website. Teams may request a backup at the conclusion of the meet. Results will also be submitted to the USA Swimming SWIMS database *if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry.*

**SAFETY/WARM-UP:** Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge. There is no diving during warm-ups, except during the portion of the warm-up specifically designated for starts. During the portion of the warm-up designated for starts, swimmers are to sprint one way and climb out at the far end of the pool. The feet first entry with one hand in contact with the pool deck will also be enforced in the warm-up/warm-down pool throughout the entire meet. Swimmers may be removed from warm-up for violating safety rules.

**RACING STARTS:** Any swimmer entered in the meet must be certified by a USA Swimming 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.

**POSEIDON CHAMPIONSHIP SERIES:** This is the first meet of the Poseidon Championship Series (PCS). Rules, scores, and other PCS information is available at [www.PoseidonChampionshipSeries.com](http://www.PoseidonChampionshipSeries.com). Please note swimmers' scores are tracked in a computer program by their names and birthdates, therefore this data must remain consistent throughout the series of meets in order to ensure accurate scoring. The use of nicknames or neglecting to include a middle initial for swimmers can become a problem if the data changes from one meet to the next. It is the coach's responsibility to ensure their team's entry data is consistent and accurate for each meet.

**RETURN TO PLAY LAW:** Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at [http://www.nfhslearn.com/self\\_courses](http://www.nfhslearn.com/self_courses). All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

**CAMERA ZONES:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

**DRONES:** 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.

**DECK CHANGES:** Deck changes are prohibited.

**OFFICIATING OPPORTUNITY** – If you are a certified official and are willing to help please contact Becky Turnbull [Becky@cfyntigersharks.com](mailto:Becky@cfyntigersharks.com).

**VOLUNTEERS:** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

**NOTE:** Only athletes entered in the meet, working coaches, officials, and designated meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

**MEET DIRECTOR:** Becky Turnbull      [Becky@cfyntigersharks.com](mailto:Becky@cfyntigersharks.com)      330-962-5427

**ENTRY PERSON:** Keith Turnbull      [Entries@cfyntigersharks.com](mailto:Entries@cfyntigersharks.com)      330-203-9037

**EVACUATION PLAN: Spectator Emergency Evacuation Plan:** In the event of an alarm or emergency evacuation, remain calm, walk to the nearest exit, and leave the building. Do not use the elevators. Do not attempt to go on deck or into the locker rooms. **Deck Emergency Evacuation Plan:** Swimmers will be directed by their coaches or meet workers to exit via the doors on the south side of the pool deck near the 1 meter diving board or at the shallow end of the warm-up pool. Meet personnel will also exit through these doors.

**CFYN ROCKTOBER PENTATHLON**  
**SCHEDULE OF EVENTS**  
**SUNDAY, OCTOBER 15, 2023**  
**Morning Session (Timed Finals)**  
**Warm-up CFYN 7:30 am, All others 8:15 am**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
1	8 & under 25 free	2
3	13- 14 50 free	4
5	15 & over 50 free	6
7	8 & under 25 fly	8
9	13-14 100 fly	10
11	15 & over 100 fly	12
13	8 & under 25 back	14
15	13-14 100 back	16
17	15 & over 100 back	18
19	8 & under 25 breast	20
21	13-14 100 breast	22
23	15 & over 100 breast	24
25	8 & under 50 free	26
27	13-14 100 free	28
29	15 & over 100 free	30

**CFYN ROCKTOBER PENTATHLON**  
**SCHEDULE OF EVENTS**  
**SUNDAY, OCTOBER 15, 2023**  
**Afternoon Session (Timed Finals)**  
**Time TBD**

<b>Girls #</b>	<b>Age Group/Stroke</b>	<b>Boys #</b>
31	9-10 50 free	32
33	11-12 50 free	34
35	9-10 50 fly	36
37	11-12 50 fly	38
39	9-10 50 back	40
41	11-12 50 back	42
43	9-10 50 breast	44
45	11-12 50 breast	46
47	9-10 100 free	48
49	11-12 100 free	50