

# INVITATION TO THE FIRST ANNUAL FSC-LEBY SPRING PENTATHLON SATURDAY MAY 26<sup>TH</sup>, 2012 LEBANON VALLEY FAMILY YMCA

**PURPOSE:** To give swimmers and coaches an opportunity to hone their skills in competition before the beginning of the summer dual meet season. Each swimmer will compete in each competitive stroke as well as Individual Medley.

**FACILITY:** The Lebanon Valley Family YMCA pool is a 6-lane, 25 Meter pool with a deep end of 10 feet and a shallow end of 3 feet 6 inches. The pool uses 7 Anti-turbulent lane lines and Colorado touch pads at the deep end.

**MEET REFEREES:** Barry Lyter (Morning)

Stuart Juppenlatz (Afternoon)

**MEET DIRECTOR:** Dustin Long

**DATE/TIME:** The meet will be split into two sessions with the 8 and Under and 9-10 age groups swimming in the morning and 11-12, 13-14 and 15 and over age groups swimming in the afternoon. Specific warm-up times will be sent to attending teams after all entries have been received. Teams may choose to do one-way sprints near the end of their warm-up session.

	MORNING	AFTERNOON
WARM-UPS	8:00-9:00 AM	12:00-1:00 AM
MEET START	9:15 AM	1:15 AM

**ENTRIES:** This meet is open competition to all competitive swimmers. Coaches may register their athletes by submitting the attached Athlete Registration Form. Entries will be received on a first come first served basis. Each age group and gender will be limited to 36 athletes. The Athlete Registration Form may be emailed to [dlong@lebanonymca.org](mailto:dlong@lebanonymca.org). Entries and payment must be received by Saturday, May 19<sup>th</sup>. Make checks payable to Lebanon Valley Family YMCA. One check per team, please. For questions please call Dustin Long at (717) 376-1387

**AWARDS:** Custom ribbons will be awarded for 1<sup>st</sup>-12<sup>th</sup> place in every event. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place trophies will be awarded a boy and a girl in each age group based on best 5-event total time.

**RULES:** USA Swimming Technical rules will be used for this meet. Swimmers must compete in each event to be eligible to win a trophy. Disqualifications and no-shows will receive an automatic time of 2:00 for 25 and 50 meter events and 3:00 for 100 meter events. Independent dual confirmation will be used for all false starts. 8 and unders will use recall and each athlete will be allowed one false start per event.

**EVENTS AND SEEDING:** Swimmers will compete in 50 meters of each stroke (25 meters for 8 and unders) in the following order: Freestyle, Breaststroke, Backstroke and Butterfly. Seeding for each of these events will be done at random. After a short break, Individual Medley events will be seeded slow-to-fast by overall time through the first four events.

**FEES:** Athletes will be entered into all five events in their age group for a total of \$20. \$3.00 Admission will be charged to spectators 12 and over. Meet programs will be available to \$3.00. Children under 12, swimmers, coaches and volunteers will be admitted for free.

**STAGING:** A staging area will be provided in the gym for the morning session where swimmers will be lined up and brought to their lanes by FSC-LEBY volunteers. Coaches must make sure that swimmers get to the staging area. There will be no staging area for the afternoon session. **IN ORDER TO KEEP OUR FACILITY PRESENTABLE TO OUR MEMBERS AND TO KEEP ALL SWIMMERS AND SPECTATORS SAFE, EVERYONE MUST BE DRY AND WEAR SHOES OR SANDALS BEFORE LEAVING THE POOL DECK.**

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**ATHLETE REGISTRATION FORM**

TEAM \_\_\_\_\_

LEAGUE \_\_\_\_\_

COACH \_\_\_\_\_ EMAIL \_\_\_\_\_ NUMBER \_\_\_\_\_

CONTACT \_\_\_\_\_ EMAIL \_\_\_\_\_ NUMBER \_\_\_\_\_

	Name	Age as of 5/26/2012	Gender
1			
2			
3			
4			
5			
6			
7			
8			
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11			
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20			

FEEL FREE TO REPRINT THIS PAGE TO ENTER MORE SWIMMERS

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**DIRECTIONS**

**FROM POINTS NORTH OF HARRISBURG:** Using route 209 North, continue onto Route 81 South. Take exit 90 and turn left onto Fisher Ave. Drive .2 miles and then turn right onto Route 72 South Drive 9 Miles, then turn right onto North 10<sup>th</sup> Street, get Immediately into the left lane to turn left onto Lehman Street. Continue on Lehman, then turn right onto north 7<sup>th</sup> Street. The Lebanon Valley Family YMCA is on the right immediately after the railroad crossing.

**FROM LANCASTER AREA:** Following Route 72 North into Lebanon, make a right onto Willow Street. Drive .2 miles, then make a left onto North 7<sup>th</sup> Street. The Lebanon Valley Family YMCA is on the left immediately after crossing the Quitapahilla Creek.

**FROM HARRISBURG/HERSHEY AREA:** Following Route 422 East into Lebanon, turn right onto North 12<sup>th</sup> Street. Then take first right onto Willow Street. Continue on Willow .5 miles, then turn left onto North 7<sup>th</sup> Street. The Lebanon Valley Family YMCA is on the left immediately after crossing the Quitapahilla Creek.

**FROM READING AREA:** Follow Route 422 West into Lebanon, this will become Cumberland Street. Turn right onto North 7<sup>th</sup> Street. The Lebanon Valley Family YMCA is on the left immediately after crossing the Quitapahilla Creek.

**FROM YORK AREA:** Following Route 30 East, take Route 441 toward Marietta. Travel 3.1 miles, then turn right onto Route 772. Continue 5 miles, then turn left onto Milton Grove road. Continue 2.1 miles then make a slight right onto Meadow View Road. In 2.8 Miles make a right onto West Elizabethtown Road. In 4.6 miles make a left onto Route 72 North. Continue 10.5 miles, then make a right onto Willow Street. . Continue on Willow .5 miles, then turn left onto North 7<sup>th</sup> Street. The Lebanon Valley Family YMCA is on the left immediately after crossing the Quitapahilla Creek.

**FOR CONVENIENCE, GPS USERS SHOULD USE:**

**201 NORTH 7<sup>TH</sup> STREET  
LEBANON, PA 17046**