

	<p style="text-align: center;"><b>Rocktober Pentathlon</b>  <b>Part 1 of the Poseidon Championship Series</b>  <b>October 19, 2025</b>  <b>Held under the sanction of USA Swimming</b>  <b>Sanction/Approved #</b></p>	<p style="text-align: center;"><b>Hosted by</b>  <b>CFYN Tigersharks</b></p>
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<b>Location:</b>	Ocasek Natatorium University of Akron, 402 Carroll St, Akron, Oh 44304.
<b>Facility:</b>	25 yards by 8 lanes, Colorado timing system and 8 lanes digital readout score board with spacious locker room space and balcony seating for spectators, continuous warm-up and warm-down available. The depth of the pool at the start end is 14 feet. The depth of the pool at the turn end is 8 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
<b>Meet Director:</b>	Becky Turnbull PCSentries@gmail.com 330-962-5427
<b>Meet Referee:</b>	Meet Referee: Keith Turnbull Deck Referee: Sharon Badertscher
<b>Meet Admin:</b>	Keith Turnbull
<b>Entry Chair:</b>	Keith Turnbull PCSentries@gmail.com 330-203-9037
<b>Disclaimer:</b>	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>Meet Type:</b>	Approved Closed YMCA Invitational Timed Finals
<b>Entry Deadline</b>	Entries must be received by 11:59pm Saturday October 11, 2025. Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at <a href="http://www.neoyswim.org">www.neoyswim.org</a>

<b># and Description of Session:</b>	<p>Session 1 – 10/19/25- 13&amp; over and 8 &amp; under swimmers -Timed Finals - 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.</p> <p>Session 2- 10/20/25- 9-12 year old swimmers, Warm-up times and any necessary revisions to the warm-up plan will be posted on <a href="http://www.PoseidonChampionshipSeries.com">www.PoseidonChampionshipSeries.com</a>, and sent to coaches by Thursday October 17, 2024.</p>
<b>Medical Supervision available to athletes</b>	Life guards will be available for medical supervision. AED devices are available for use by trained life guards.

Organization Regulations/Waivers	
<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Any swimmer entered in the meet <u>must</u> be certified by a certified coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. 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.</li> <li><input type="checkbox"/> The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li><input type="checkbox"/> Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the OSI Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</li> <li><input type="checkbox"/> Deck changes are prohibited.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> Flash photography is not permitted at the start of any race.</li> <li><input type="checkbox"/> 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.</li> </ul>
<b>Technical Suit Ban</b>	<p>Per USA Swimming Rule 102.8.1F, 12 &amp; Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or</li> <li><input type="checkbox"/> Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.</li> </ul>
<b>Racing Starts</b>	Any swimmer entered in the meet must be certified by a certified coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. 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.

Organization Regulations/Waivers	
Ohio State Laws that are applicable to Ohio Swimming sanctioned events	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion.</li> <li><input type="checkbox"/> There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.</li> </ul>
Safe Sport 360	<ul style="list-style-type: none"> <li><input type="checkbox"/> The U.S. Center for Safe Sport program is a 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.</li> <li><input type="checkbox"/> The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.</li> <li><input type="checkbox"/> 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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li><input type="checkbox"/> All athletes aged 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 after the first day of the start of competition, 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 after the first day of competition, 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.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> 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</li> <li><input type="checkbox"/> 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 <a href="http://www.usaswimming.org/report">www.usaswimming.org/report</a></li> </ul>

Organization Regulations/Waivers	
Waiver/Release	<ul style="list-style-type: none"> <li><input type="checkbox"/> In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> <li><input type="checkbox"/> By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li><input type="checkbox"/> All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LEI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</li> <li><input type="checkbox"/> 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. USA Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> </ul>
Code of Conduct	<ul style="list-style-type: none"> <li><input type="checkbox"/> Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams.</li> <li><input type="checkbox"/> Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others.</li> <li><input type="checkbox"/> The OSI Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. OSI Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of OSI Swimming. The complete OSI Swimming Code of Conduct can be reviewed on the OSI Swimming website under Governance&gt; OSI Policy &amp; Procedures Manual.</li> </ul>

Entering the Meet and Competition Information	
Entry Limits Entry Fees:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Swimmers may swim a maximum of 5 individual events per day.</li> <li><input type="checkbox"/> The total cost for each swimmer is \$26.00. (includes all 5 events &amp; PCS surcharge)</li> <li><input type="checkbox"/> \$4.00 per swimmer surcharge is <b>already included in meet fee</b> for Championship series fee and heat sheet printing privileges</li> <li><input type="checkbox"/> All entries &amp; surcharges are non-refundable and entries will not be prorated if a swimmer decides to not compete in all 5 events.</li> </ul>
Entry Procedures:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Deadline for receipt of entries is October 11, 2025</li> <li><input type="checkbox"/> Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek).</li> <li><input type="checkbox"/> Send entries to Entry Chair <a href="mailto:PCSentries@gmail.com">PCSentries@gmail.com</a></li> <li><input type="checkbox"/> Bring check to the meet or 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</li> </ul>

Entering the Meet and Competition Information	
	<p>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.</p> <p><input type="checkbox"/> 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.</p> <ul style="list-style-type: none"> <li>• <b>8 and under</b> - 25 yards of each stroke plus a 50 yard free.</li> <li>• <b>9/10 and 11/12</b> - 50 yards of each stroke plus a 100 yard free.</li> <li>• <b>13 and over</b> - 100 yards of each stroke plus a 50 yard free.</li> </ul> <p>Coaches are encouraged to estimate entry times rather than sending No Times (NT) The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.</p>
<b>Entry Eligibility</b>	<p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> Age is determined as of December 1, 2025.</p>
<b>Qualifying Times</b>	<p><input type="checkbox"/> There are no qualifying times for this meet. Coaches are encouraged to estimate entry times rather than sending No Times (NT)</p>
<b>Warm-up and Safety Guidelines:</b>	<p><input type="checkbox"/> <i>Session 1 (13 &amp; over and 8 &amp; unders)</i> <i>CFYN Warm-ups begin at 7:45 am</i> <i>All other teams warm-up begins at 8:15 am</i></p> <p><i>Session 2 (9-12 year olds)</i> <i>Warm-up times will be determined after entries have been received.</i> <i>Estimated Warm-up times and a detailed warm-up plan will be emailed out to the coaches and posted by Thursday October 16<sup>th</sup>.</i></p> <p><input type="checkbox"/> Ohio Swimming safety guidelines and warm-up procedures will be in effect at all times.</p> <p><input type="checkbox"/> Coaches must maintain contact with their swimmers during warm-up and throughout the meet.</p> <p><input type="checkbox"/> During sprint starts, swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.</p>
<b>Team Supervision</b>	<p>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. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.</p>

Entering the Meet and Competition Information	
<b>Competition Guidelines:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Ohio Swimming Policy &amp; Procedures, and the NEO/YMCA Swim League.</li> <li><input type="checkbox"/> This meet will be pre-seeded. There is no check-in for this meet, and there is no penalty for failure to compete.</li> <li><input type="checkbox"/> Heats will be seeded based on times and run slowest to fastest.</li> <li><input type="checkbox"/> 25 yard events will start off the bulk head. All 8 &amp; under swimmers must report to Clerk of Course prior to their event. 9 &amp; over swimmers will report behind the block.</li> </ul>
<b>Deck Entries</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 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).</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Overall awards</b> 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.</li> <li><input type="checkbox"/> 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 sent to the other swimmer ASAP.</li> <li><input type="checkbox"/> <b>Individual Awards:</b> Ribbons will be awarded for the top 16 finishers in each event/age group in each event.</li> <li><input type="checkbox"/> <b>SCORING:</b> 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.</li> <li><input type="checkbox"/> <b>Poseidon Series points</b> will be awarded and posted on the PoseidonChampionshipSeries.com website within a few days of the completion of the meet.</li> </ul>
<b>General:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Admission:</b> \$7.00 (cash) \$8.00 (credit/debit) ages 6 &amp; older, Volunteers &amp; swimmers are free. Parents from all competing teams are welcome to volunteer. Contact Becky <a href="mailto:PCSEntries@gmail.com">PCSEntries@gmail.com</a> if you'd like to volunteer.</li> <li><input type="checkbox"/> <b>Heat sheets:</b> will be available for printing at no additional charge at <a href="http://www.cfyntigersharks.com">www.cfyntigersharks.com</a> by Saturday, October 18, 2025. A limited number of heat-sheets will be sold for \$5.00 each.</li> <li><input type="checkbox"/> <b>Concessions:</b> 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.</li> <li><input type="checkbox"/> <b>PARKING:</b> Parking is available lots adjacent to and across the street from the natatorium and at the parking garage at the corner of Carroll and Spicer Streets. Parking costs are set by the University and the host team does not profit from or control the parking policies.</li> <li><input type="checkbox"/> <b>RESULTS:</b> Will be posted on the NEO YMCA League website &amp; 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 <b><i>if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry.</i></b></li> <li><input type="checkbox"/> <b>POSEIDON CHAMPIONSHIP SERIES:</b> This is the first meet of the Poseidon Championship Series (PCS). Rules, scores, and other PCS information is available at <a href="http://www.PoseidonChampionshipSeries.com">www.PoseidonChampionshipSeries.com</a>. 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.</li> <li><input type="checkbox"/> This is an approved meet through USA swimming, in order to have your times uploaded the Swims database swimmer's USA ID must be included in your entry AND a dated roster of your current USA team must be submitted with your entry.</li> </ul>

**Entering the Meet and Competition Information**

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

**Rocktober Pentathlon****ORDER OF EVENTS**

Meet qualifying times:

- ☐ No qualifying time

Session #1

<b>Girls Event #</b>	<b>Age Group/Stroke</b>	<b>Boys Event #</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

Session #2

<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

## Ohio Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

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What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.