



## Summerville YMCA Penguin Plunge



<b>Date of Meet:</b>	January 4, 2025		
<b>Host Club:</b>	Summerville Family YMCA		
<b>Meet Sanction:</b>	Held under the Approval of USA Swimming issued by SC Swimming: Approval Number SC2558AP		
<b>Meet Director:</b>	Tiffany Wessler	<a href="mailto:Tiffany.Wessler@sim.org">Tiffany.Wessler@sim.org</a>	843-486-1495
<b>Referee:</b>	Robert Lesh	<a href="mailto:rllesh@yahoo.com">rllesh@yahoo.com</a>	812-480-6837
<b>Admin Official:</b>	Victoria Culbertson	<a href="mailto:Meet.support@sportstiming.com">Meet.support@sportstiming.com</a>	843-628-5486
<b>Meet Entries To:</b>	Billy Culbertson	<a href="mailto:Meet.support@sportstiming.com">Meet.support@sportstiming.com</a>	843-628-5486
<b>Safety Marshal:</b>	Jessica Drost	<a href="mailto:jessicadrost@gmail.com">jessicadrost@gmail.com</a>	843-486-1495
	Michael Fuller	<a href="mailto:michaelfuller@gmail.com">michaelfuller@gmail.com</a>	843-486-1495

### Facility:

North Charleston Aquatics Center  
8610 Patriot Blvd  
North Charleston, SC 29420

Indoor 20-lane 25-yard competition pool with a moveable bulkhead and 8-lane 25 yard warm down pool with non-turbulent lane lines. Bleacher seating for over 1000. Spectators may bring chairs and tents to use on the outside patios and grass areas. Chairs, food and coolers are not permitted on the pool deck. The water depth of the competition course is seven (7) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and seven (7) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is six (6) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and four (4) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The competition course has not been certified in accordance with 104.2.2C. Medical supervision will be provided by lifeguard staff. There is an AED onsite.

### Rules:

Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. This is a closed meet and only open to any CYSL League Team. CYSL League By-Laws will also govern this meet.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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 changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.

**SWIMWEAR:** No Technical Suit may be worn by any 12 & under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (USA Swimming Rule 102.8.1F)  
**MAAPP 2.0:** All 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.

**Athlete Eligibility:** This meet is open to all swimmers and teams currently members of any CYSL team in South Carolina. Age is determined on the first day of the meet, January 4, 2025

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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Image Release:** By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) 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 SCLSC 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 start of the meet.

**Entry Fees:** Swimmers may swim up to four individual events and one relay per day.  
YMCA Only Swimmers fee is \$28 per swimmer.

USA swimming athletes will be assessed:

\$2.00 SCLSC Travel Fund/Program Fee

\$2.00 SCLSC Sport Development Fee

No refunds once entries have been accepted.

No Time Trials offered.

Clubs should submit a Single Check payable to Summerville Family YMCA for the full amount due. All fees must be paid prior to any swimmer entering the pool.

**Meet Format:** All events will be contested as timed finals. We are limiting this meet to the first 650 total athletes entered in the entire meet.

- Meet management reserves the right to adjust numbers of heats, lanes, entry limits, and Warm up times based on the number of entries. We will only swim the events listed in the meet information.

This is a Closed YMCA Meet, held under the approval of USA Swimming.

Age as of January 4, 2025 will be used as the competition age per CYSL Swimming Rules.

Age groups for meet will be 6 & Under, 7-8, 9 & 10 years, 11 & 12 years, 13 & 14 years, and 15 & Older.

- Genders and age groups may be seeded together but will be scored separate.
- A swimmer who misses their assigned heat will not be entered into another heat unless determined by the Meet Referee and the swimmer may be allowed to swim.
- 1650 & 500 Free... swimmers must provide their own timer & counter.
- 1650 & 500 Free... Positive Check-In 30 minutes prior to the start of the session
- 1650 Free... limited to 10 fastest seeded girls and boys in their age group
- 1650 Free... swimmers must have a time, NT are not accepted.

**Time of Meet:** Meet management reserves the right to adjust warm up times based on number of entries

Warm ups will begin at 10:00 am

Time of Meet: 11:15 am

**Entries:** Only entries using Standard Data Interchange format (SDIF/SD3) will be accepted. Entry files should be submitted by email on or before the due date. You must also provide an entries list in pdf format and a current roster also in pdf format via mail or email.

Event file can be found on the CYSL web site and also located on SC Swimming web site. SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline.

**You must delete any USA Swimming registration numbers from all non-USA Swimming registered athletes for entry purposes.** This can be done under the athlete function on Hy-Tek. If you don't remove non-registered swimmer registration numbers, you'll be charged the registered swimmer LSC fees outlined in the meet information.

Summerville YMCA Penguin Plunge  
c/o Susan Nesselrode  
140 W. Cedar St, Summerville, SC 29483

**Entries are to be sent to Sports Timing, Inc. Go to [www.sportstiming.com](http://www.sportstiming.com), click on upcoming meets and click on the Summerville YMCA Penguin Plunge. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file. Entry questions can be emailed to [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com)**

**Entries are due by 5 PM on Thursday, December 26, 2024**

**Awards:** Individual Events: Ribbons will be awarded for the 1st through 8th places for individual events. Ribbons will be awarded for relay events 1st – 3<sup>rd</sup>. All heat winners will receive a Penguin themed rubber duck. Teams are responsible for picking up ribbons after the meet. Ribbons will NOT be mailed

**Scoring:** Individual events will be scored according to the number of lanes in the facility used for competition. Ten (10) lanes: 11,9,8,7,6,5,4,3,2,1. Relays will be scored at double the points for individual events

**Timing:** Timing and Data Processing will be provided by SportsTiming, Inc. Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.

**Coaches Eligibility:** All coaches must be either a current coach member in good standing with USA Swimming and meet all coaching or a current YMCA coach in good standing. Coaches must present their credentials to receive their coaching packet. There will be a coaches meeting 15 minutes prior to the start of the meet. Each team should have at least one Representative coach present. No individuals without credentials shall be allowed behind the blocks or on the deck during meet warm-ups or competition.

**Officials:** Certified officials willing to work are most welcome. There will be an Officials meeting beginning one (1) hour prior to the start of the session. Officials interested in working the session should report to the hospitality room for the meeting.

**Other:**

- There will be no spectator seating on the pool deck.
- Concessions will be made available
- We ask that teams be mindful of their team areas on the pool deck and help to police these areas for trash and mess.
- Warm-up procedures: All coaches are responsible for their swimmers during warm-up. Team lane assignments will be sent out with any updated information prior to start of the meet. The use of pull buoys, paddles, kickboards, bands and tubing is prohibited.

**Contact Person:** Susan Nesselrode, Summerville YMCA [susanN@summervilleymca.org](mailto:susanN@summervilleymca.org)



**Summerville YMCA Penguin Plunge**  
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**Saturday, January 5, 2025**  
**Warm Up: 10:00 am**  
**Meet Start Time: 11:15 am**

EVENT LIST		
Girls Event #	Age/Distance/Stroke	Boys Event #
1	21 & Under 200 Medley Relay	2
3	18 & Under 200 Medley Relay	4
5	14 & Under 200 Medley Relay	6
7	12 & Under 200 Medley Relay	8
9	10 & Under 200 Medley Relay	10
11	8 & Under 100 Medley Relay	12
13	Open 500	14
15	15 & Older 100 Fly	16
17	13/14 100 Fly	18
19	11/12 50 Fly	20
21	9/10 50 Fly	22
23	8 & Under 25 Fly	24
25	15 & Older 100 Free	26
27	13/14 100 Free	28
29	11/12 100 Free	30
31	9/10 100 Free	32
33	8 & Under 50 Free	34
35	15 & Older 200 IM	36
37	13-14 200 IM	38
39	11-12 100 IM	40
41	9/10 100 IM	42
43	8 & Under 100 IM	44
45	15 & Older 200 Free	46
47	13-14 200 Free	48
49	11-12 200 Free	50
51	9-10 200 Free	52
53	8 & Under 100 Free	54
55	15 & Older 100 Back	56
57	13-14 100 Back	58
59	11-12 50 Back	60
61	9-10 50 Back	62



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EVENT LIST		
Girls Event #	Age/Distance/Stroke	Boys Event #
63	8 & Under 25 Back	64
65	15 & Older 1650	66
67	11-14 1650	68
69	15 & Older 50 Free	70
71	13-14 50 Free	72
73	11-12 50 Free	74
75	9-10 50 Free	76
77	8 & Under 25 Free	78
79	15 & Older 200 Breast	80
81	13-14 200 Breast	82
83	11-12 50 Breast	84
85	9-10 50 Breast	86
87	8 & Under 25 Breast	88
89	21 & Under 200 Free Relay	90
91	18 & Under 200 Free Relay	92
93	14 & Under 200 Free Relay	94
95	12 & Under 200 Free Relay	96
97	10 & Under 200 Free Relay	98
99	8 & Under 100 Free Relay	100



2025  
Penguin Plunge

## Meet Entry Summary Sheet

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### Meet Entry Summary Sheet

Non-USA Swimming # of Swimmers \_\_\_\_\_ x \$28 Swimmer Fee = \$ \_\_\_\_\_  
(YMCA Only swimmers)

- OR -

USA Swimming # of Swimmers \_\_\_\_\_ x \$32 Swimmer Fee = \$ \_\_\_\_\_  
(includes \$2.00 SCLSC Travel Fund/Program Fee and \$2.00 SCLSC Sports Development Fee)

Total Fees: \_\_\_\_\_ Made payable to: Summerville Family YMCA = \$ \_\_\_\_\_

Team: \_\_\_\_\_ Team Code: \_\_\_\_\_

Number of coaches at meet: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Send e-mail results to: \_\_\_\_\_

Send Paper copy in lieu of e-mail to: \_\_\_\_\_  
\_\_\_\_\_

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. It is further understood that SC Swimming, Summerville Family YMCA Tidalwaves, Summerville Family YMCA, the YMCA of the USA, the Carolina YMCA Swim League, North Charleston Aquatics Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Mail check for the above amount, and signed copy of this form to:

Summerville Family YMCA  
140 W. Doty Ave  
Summerville, SC 29483