



2007

Long Course

Pentathlon

Team Champs

April 22, 2007

At the
ETOBICOKE OLYMPIUM



MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a jump from any area of the deck or starting block. Swimmers shall enter the pool FEET FIRST in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. Meet Management shall ensure that barriers are placed on the starting blocks during the general warm-up.
3. All lanes shall be used for general warm-up with circle swimming only, as shown below. *One outside lane shall be designated for slow swimmers.*
4. The use of hand paddles, swim fins, pull buoys & flutter boards during warm-up shall be prohibited.

During warm-ups, swimmers in adjacent lanes must circulate in opposite directions to minimize risk of injuries along the lane ropes.

- **CLOCKWISE** - lanes shall be designated as: **2, 4, 6, 8**
- **COUNTER-CLOCKWISE** - lanes shall be designated as: **1, 3, 5, 7**

SPECIFIC WARMUP:

1. This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
2. One outside lane and the adjacent lane or the two outside lanes may be designated as sprint lanes. Diving shall be from the normal starting end of the pool. During this time only one way swimming is allowed in these lanes. Upon completing one length the swimmer shall leave the lane.

THE WARMUP PROCEDURE SHALL BE STRICTLY MONITORED

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.



2007 LC Pentathlon Team Champs

- Date:** April 22, 2007
- Hosted By:** Etobicoke Olympium Masters Aquatic Club
- Location:** Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario
- Facility:** 8-Lane 50 metre competition pool with Omega electronic timing.
- Sanctioned By:** Masters Swimming Ontario.
- Session Times:** Sunday Morning Warm-up: 8:00 pm Start: 8:45 am
Sunday Afternoon Warm-up: 12:15 pm Start: 12:45 pm
- Entry Deadline:** All entries must be received by Friday April 20, 2007.
Hy-tec Events file for team entries available for download at www.eomac.ca
- Entry Fees:** \$30 per swimmer. 5 Pentathlon events swum for total time..
Deck Entries add \$5.
Mail entries and cheques payable to EOMAC to:
- Steve Goodwin
3308 Queen Frederica Dr.
Mississauga, Ont. L4Y 3B2
- Pentathlons:**
- | | |
|---------------|--|
| Small | 4 stroke 50s and 200 IM |
| Medium | 4 stroke 100s and 400 IM |
| Large | 4 stroke 200s and 400 IM |
| Relay | 4x50 Fr and Med, 4x100 Fr and Med, 4x200 Fr |
- Awards:** Trophies for lowest aggregate time in each Division and Age.
Individuals and Relay Teams must swim all 5 events to score.
Team Trophy for Overall High Point Team.
- Team Scoring:** 50-30-20-15-12-9-5-1 for each Division and Age.
- Individuals:** **Individuals wishing to participate in the meet but not the Pentathlon may enter and compete in the up to 5 events indicating seed times on the Entry Form.**
- Social:** To follow in the Olympic Lounge.
- Meet Manager:** Steve Goodwin 905-279-5457 sdg9@rogers.com



2007 LC Pentathlon Team Champs Order of Events

| SUNDAY, APRIL 22nd, 2007 | |
|--|-----------------------|
| Warm-up: 8:00 am | Start: 8:45 am |
| Round 1 | |
| 50 Fly | |
| 100 Fly | |
| 200 Fly | |
| 4x200 Free Relay | |
| Round 2 | |
| 50 Back | |
| 100 Back | |
| 200 Back | |
| 4x100 Medley Relay | |
| Round 3 | |
| 50 Breast | |
| 100 Breast | |
| 200 Breast | |
| 4x100 Free Relay | |

| SUNDAY, APRIL 22nd, 2007 | |
|--|------------------------|
| Warm-up: 12:15 pm | Start: 12:45 pm |
| Round 4 | |
| 50 Free | |
| 100 Free | |
| 200 Free | |
| 4x50 Medley Relay | |
| Round 5 | |
| 200 IM | |
| 400 IM | |
| 4x50 Free Relay | |



Long Course Pentathlon Team Champs April 22, 2007

ENTRY FORM

NAME (Print) _____ MALE / FEMALE
HOME PHONE _____
E-MAIL _____
CLUB / MSO# _____ D. O. B. (dd/mm/yy) ____/____/____

| Pentathlon | Event Name | Seed Time |
|------------|--------------|-----------|
| SMALL | 50 Fly | |
| | 50 Back | |
| | 50 Breast | |
| | 50 Free | |
| | 200 IM | |
| MEDIUM | 100 Fly | |
| | 100 Back | |
| | 100 Breast | |
| | 100 Free | |
| | 400 IM | |
| LARGE | 200 Fly | |
| | 200 Back | |
| | 200 Breast | |
| | 200 Free | |
| | 400 IM | |
| RELAY | 4x200 Free | |
| | 4x100 Medley | |
| | 4x100 Free | |
| | 4x50 Medley | |
| | 4x50 Free | |

Mail with cheque payable to EOMAC to be received by Fri. April 20, 2007.
To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**