

# North York Masters Aquatic Club

## 2005 Pentathlon Swim Meet

**DATE:** Sunday December 11, 2005

**TIME:** 8:00 a.m. - Warm-up  
9:00 a.m. – Meet Starts

**PLACE:** Douglas Snow Aquatic Centre, 167 Beecroft Ave., North York.  
(Near Yonge & 401). 2 lights North of Sheppard, turn left at  
Park Home Ave., Beecroft is the 1<sup>st</sup> street West of Yonge.  
Lots of parking – prices vary from \$5.00 and up.  
**Although accessible from subway – Sunday service only starts at  
9:00 a.m. TTC bus service is available.**

**POOL:** 50 metre, 6 lane pool  
25 metre competition pool  
25 metre continuous warm-up pool  
Free Sauna and whirlpool available – spectator seating available.

**FEES:** \$25.00 – includes individual and relay pentathlons. Indicate if this is  
your 1<sup>st</sup> masters swim meet.  
**Deck entries will be accepted at a cost of \$30.00 until 8:15 a.m. on the  
day of the meet, at the discretion of the meet manager. There is a limit  
of 250 swimmers maximum for this meet. NO EXCEPTIONS.**

**AWARDS:** Prizes for 1<sup>st</sup> place and ribbons for 2<sup>nd</sup> & 3<sup>rd</sup> place finish in each age  
group.

**LUNCH:** Refreshments and lunch will be served after the meet for swimmers.  
Non-competitors – lunch will be available @\$5.00 per person payable  
at the door.

**RULES:** Each swimmer will swim ALL five individual events. Overall winners  
will be determined on the basis of the fastest TOTAL time for all five  
individual events. If a swimmer does not swim an event, then a penalty  
time will be assigned. Individual age groups are 18-24, 25-29, 30-34 etc.  
**Penalty times will also be assigned for disqualifications.** This will  
adversely affect the total time.  
**Current MSO rules are in effect.**

**RELAYS:** Pentathlon relay teams will consist of 4, 5 or 6 swimmers of which 4 will swim in any one event. Teams must swim 2 men and 2 women for the relay events. For the purpose of this meet, relay teams may consist of swimmers from any club and/or unattached swimmers. The age of the relay team is the total of age of the 4 youngest swimmers. The relay groups are 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280+

**ENTRIES:** See entry form below. If your MSO registration is not received by December 11, 2005, then you will not be permitted to swim.  
**There will be no MSO registration at the meet.**

**NOTE:** This meet has a different format than others. There is no need to send in time cards with your entry. Each event will be seeded and marshalled on deck. Each swimmer will be given a time card on the day of the meet. This card will be used to track your individual event times and you will hand this in to the meet-timekeeper once you have completed all five individual events (before swimming the relays!)

## **Entry Deadline Friday December 4<sup>th</sup>, 2005 2005 Pentathlon Swim Meet**

### **North York Gators**

**Individual Events:** 50 scm Butterfly  
50 scm Backstroke  
50 scm Breaststroke  
50 scm Freestyle  
100 scm Individual Medley

**Relay Events:** 4X50 scm Mixed Medley Relay  
4X50 scm Mixed Freestyle Relay

**Cheques Payable to:** North York Masters Aquatic Club

**Mail entries to:** Gator Pentathlon  
54 Athabaska Ave  
North York, ON M2M 2T9

**Attn: Len van Greuning**  
416-229-4377 (evenings)  
**e-mail:** [pentathlon2005@swimgators.com](mailto:pentathlon2005@swimgators.com)

**NOTE:** Registrations can be sent via e-mail to [pentathlon2005@swimgators.com](mailto:pentathlon2005@swimgators.com): followed by printed versions sent along with your cheque to the address above.

Telephone Enquiries: Leslie-Ann Miller, Meet Manager  
905-619-0885 (evenings)  
**E-mail:** [lmiller@rogers.com](mailto:lmiller@rogers.com)

**North York Masters Aquatic Club  
Pentathlon Meet (December 11, 2005)**

**Registration Form**

**If your MSO registration is not received by December 11<sup>th</sup>, you  
will not be permitted to swim in the Pentathlon.**

**Entry Deadline Friday December 4<sup>th</sup>, 2005**

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Entry Form Name: \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_  
Address: \_\_\_\_\_ Age as of Dec.31, 2005 \_\_\_\_\_

Date of Birth: \_\_\_\_\_ MSO#: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Club Name: \_\_\_\_\_ Club Initials: \_\_\_\_\_

Intended Non-Competitor Luncheon guests #: \_\_\_\_\_ (\$5.00 per person)

Is this your 1<sup>st</sup> masters swim meet? \_\_\_\_\_

Please make cheques payable to: North York Masters Aquatic Club

Mail cheques/entry forms to: **Gator Pentathlon**

Attn: Len van Greuning

54 Athabaska Avenue

North York, ON M2M 2T9



MASTERS SWIMMING ONTARIO

## MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- MARCH 2005.

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### 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.**