

North York Masters Aquatic Club 2003 SC PENTATHLON SWIM MEET

- DATE:** Sunday December 14, 2003
- TIME:** 8:00 a.m. – Warm-up
8:45 a.m. – Meet Begins
- PLACE:** Douglas Snow Aquatic Centre, 167 Beecroft Ave., North York.
(Near Yonge & 401). 2 lights north of Sheppard Ave. Turn left at Park Home Ave., Beecroft is the 1st street west of Yonge.
Lots of parking, prices vary from \$5.00/all day & up.
Although accessible by subway, Sunday service commences 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. Plenty of spectators seating.
- FEES:** \$25.00 – includes both individual and relay pentathlons. Indicate if this is your first Masters Swim Meet – if so, you may win a **PRIZE**.
Deck entries may be accepted at a cost of \$30.00, until 7:45 a.m. on the day of the meet, at the discretion of the meet manager.
- RULES:** Each competitor will swim ALL five events. Overall winners will be determined on the basis of the fastest TOTAL time for the five events. If a swimmer does not swim an event, a penalty time will be assigned.
Individual age groups are: 20-24, 25-29, 30-34 etc.
Penalty times will also be assigned for disqualifications. This will adversely affect the total time. Learn and obey the rules.
- RELAYS:** Pentathlon relay teams may consist of 4,5 or 6 swimmers of which 4 will swim in any one event. Teams must swim 2 women and 2 men for the relay event. For the purpose of this meet, relay teams may consist of swimmers from any club and/or unattached swimmers, however, records may not be recognized by MSO or MSC if relay team members are not all from same club. The age of the relay team is the total of the 4 youngest swimmers. The relay age groups are: 80-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280+
- ENTRIES:** See entry form below. If your MSO registration has not been received by December 14, 2003, then you will not be permitted to swim. There will be **NO** MSO registration at the meet.

**North York Masters Aquatic Club
2003 SC Pentathlon Swim Meet
Sunday December 14, 2003**

Registration form

**If your MSO registration has not been received by
December 14th, you will not be permitted to swim.**

ENTRY DEADLINE: FRIDAY DECEMBER 5, 2003

Entry Form Name: _____ Gender: M____ F____

Address: _____ Age as of Dec.31,2003: _____
_____ Date of Birth: _____

Phone: (H): _____ (W) _____

e-mail: _____

Club Name: _____ Club Initials: _____

MSO # _____

Intended non-competitor luncheon guests#: _____ (\$5.00 per person payable at door)

First Masters Swim Meet: Yes_____

Please make cheques payable to North York Masters Aquatic Club