

## **North York Masters Aquatic Club 2004 SC PENTATHLON SWIM MEET**

- DATE:** Sunday December 19, 2004
- 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 1<sup>st</sup> 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: 18-24, 25-29, 30-34 etc  
**For swimmers in the 18-24 age group, swimmers must have reached their 18<sup>th</sup> birthday by December 19<sup>th</sup>, 2004 in order to compete at the meet.**
- Penalty times will also be assigned for disqualifications.** This will adversely affect the total time. Learn and obey the rules. **One False Start Rule shall apply - Note : MSO maintains the One False Start Rule regardless of the rule currently in vogue at SNC or FINA.**
- 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: 72-99, 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 19, 2004, 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 other meets. There is no need to send time cards with your entry. Each event will be marshalled & seeded on the pool deck. Each swimmer will be given a time card when you sign in on the day of the meet. This card will be used to track your individual event times and you will hand this card in to the meet time-keeper once you have swum all five events (i.e. before swimming the relays).

**ENTRY DEADLINE: Friday December 10, 2004**  
**2004 SC PENTATHLON SWIM MEET**

**North York Gators**

**INDIVIDUAL**

**EVENTS:** 50 metre butterfly  
50 metre backstroke  
50 metre breaststroke  
50 metre freestyle  
100 metre individual medley

**RELAY EVENTS:** 4 x 50 metre mixed freestyle relay  
4 x 50 metre mixed medley relay

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

**Mail entries to:** Gator Pentathlon                      Attn: Jack Galvin  
74 Don River Blvd.                                      416.225.8226  
Toronto, Ontario  
M2N 2M9

**Note:** Registrations can be sent via e-mail to [nymacpentathlon@sympatico.ca](mailto:nymacpentathlon@sympatico.ca)

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)

**\*\* Please note that confirmations of receipt of entries via surface mail or e-mail will not be sent out during November 13<sup>th</sup> to 27<sup>th</sup> confirmations will follow after November 27<sup>th</sup>.**

**North York Masters Aquatic Club  
2004 SC Pentathlon Swim Meet  
Sunday December 19, 2004**

**Registration form**

**If your MSO registration has not been received by  
December 19<sup>th</sup>, you will not be permitted to swim.**

**ENTRY DEADLINE: FRIDAY DECEMBER 10, 2004**

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Entry Form Name: \_\_\_\_\_ Gender: M\_\_\_\_ F\_\_\_\_

Address: \_\_\_\_\_ Age as of Dec.31,2004: \_\_\_\_\_  
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**