



North York Masters Aquatic Club 2007 Pentathlon Swim Meet

DATE: Sunday December 9th. 2007

TIME: Warm-up 8:00 a.m.
Meet Start 9:00 a.m.
Meet End 2:00 p.m. (estimate)

PLACE: Douglas Snow Aquatic Centre
5100 Yonge St. (Pool entrance is 1st. east on Beecroft Ave.)
Toronto

The pool is 1km north of Yonge & Hwy 401.
Turn left onto Park Home Ave. (2nd. Light north of Sheppard Ave.). Beecroft is the 1st street West of Yonge.

There is meter parking in the lot across from the pool and inexpensive underground parking below the pool/library (entrance off of Beecroft).
Although accessible by subway – Sunday service starts at 9:00 a.m.
24 hour TTC bus service is available along Yonge St.

POOL: 25 metre 6 lane competition pool
25 metre 6 lane continuous warm-up pool
Plenty of spectator seating available

FEES: \$30 (includes meet entry and lunch for competitors)

Deck entries will be accepted at a cost of \$35 until 8:15 a.m. on the day of the meet, at the discretion of the meet manager. There is a maximum registration limit of 250 swimmers for this meet. NO EXCEPTIONS.

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

LUNCH: Competitors & volunteers - refreshments and lunch will be served after the meets.
Non-competitors – lunch will be available for \$5/person. Tickets can be purchased in advance or on meet day.

RULES: Each swimmer will swim **ALL** five individual events. Overall winners will be determined on the basis of the fastest aggregate time for all five individual 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. Penalty times will also be assigned for disqualifications and this will adversely affect your total time.

RELAYS: Pentathlon relay teams will consist of 4 swimmers (2 men and 2 women). 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 age of the



swimmers. Relay age groups are 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280+

ENTRIES: 1) Online meet entry - <http://www.eventsonline.ca/events/nymac>

Online entries are encouraged as this helps to speed registration and results

2) Mail-in entries

Gator Pentathlon
8 Doonaree Dr.
Toronto, ON
M3A 1M4

Phone: 416-391-2850 (evenings)

Email: nymac_info@rogers.com

Make cheques payable to **North York Gators** for mail-in entries

Entry form for manual entries is attached. If your MSO registration is not received and validated by the MSO Registrar, you will not be permitted to swim. **There will be no MSO registrations accepted 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 5 time cards (one per event) upon meet check-in. Time cards will be collected after each event.

Official MSC Meet rules are in effect for this event.

Entry Deadline: Friday November 30th. 2007

Individual Events: 50 scm Butterfly
50 scm Back Stroke
50 scm Breaststroke Stroke
50 scm Freestyle
100 scm Individual Medley

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

Email enquiries: nymac_info@rogers.com



**North York Masters Aquatic Club
Pentathlon Meet
Sunday December 9th. 2007)**

Registration Form

If your MSO registration is not received & verified by December 9th, you will not be permitted to swim in the Pentathlon.

Entry Deadline is Friday November 30th. 2007
Online entry at <http://www.eventsonline.ca/events/nymac>

Name: _____ Gender: M ____ F ____
Address: _____ Age as of Dec.31, 2007 ____
City: _____
Phone: (H) _____ (W) _____
Date of Birth: _____ MSO#: _____
Club Name: _____ Club Initials: _____
Non-Competitor Luncheon guests #: _____ (\$5 per person)

Secure, online entry at <http://www.eventsonline.ca/events/nymac>

Mail-in entries to: **Gator Pentathlon**
8 Doonaree Dr.
Toronto, ON
M3A 1M4

Email inquiries: nymac_info@rogers.com