



North York Masters Aquatic Club 2009 Pentathlon Swim Meet

DATE: Sunday December 13th. 2009

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 located 1 km 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 St.

There is meter parking in the lot across from the pool and inexpensive underground parking below the pool/library (entrance off of Beecroft).

Although easily 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

FEEES: Pre-registration \$35 (includes entry, Swim Ontario fee & lunch for swimmers)
Deck entries will be accepted at a cost of \$40 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.

MASSAGE: Massages will be offered again this year. More details will be provided 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: All 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
75 Graydon Hall Dr.
#2101
Toronto, ON
M3A 3M5

Phone: 416-444-9845 (evenings)
Email: nymac_info@rogers.com

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

Entry form for manual entries is attached. MSO registration is required. 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: Midnight Sunday December 6th. 2009

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

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

Inquiries: nymac_info@rogers.com



North York Masters Aquatic Club
Annual Pentathlon Meet
Sunday December 13th. 2009

Registration Form

If your MSO registration is not received & verified by December 6th, you will not be permitted to swim in the Pentathlon.

It is up to you to ensure that your MSO registration is current for 2009

Pre-registration entry deadline is midnight Sunday December 6th 2009
Online entries accepted at <http://www.eventsonline.ca/events/nymac>

Name: _____ Gender: M ____ F ____

Address: _____ Age as of Dec.31, 2009 ____

City: _____

Phone: (H) _____ (B) _____

Date of Birth: _____ MSO#: _____

Note: MSO # is mandatory. Please coordinate with your club or MSO before submitting your entry.

Club Name: _____ Club Initials: _____

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

Note: You will be able to get immediate confirmation of your entry

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