

Sault Polar Bear Masters Invitational Pentathlon FUN Swim Meet



Saturday June 22nd 3-6 pm
John Rhodes Pool

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- 3-4 pm Set up and warmup
 - 4 pm 24hr Algoma Residential Community Hospice Swim Relay Closing Ceremonies then start
 - 3-6 pm Warmup pool, play pools, hot tub available to families

Anyone registered with Masters Swim Ontario or Swim Ontario can swim, but all participants MUST swim all Pentathlon events unless under the age of 8, over the age of 70, pregnant or infirm.

- Pentathlon time will be totaled from 5 events swum in the order of 50m Fly, 50m Back, 50m Breast, 50m Free and 100m IM.
- All events will be pre-seeded heats by time only - no cards
- NO separate heats for gender, age, or amount of hair on head.
- Electronic timing, with one back-up timer per lane.
- No Deck entries - swimmers must swim in pre-seeded heats/lanes
- Masters Ontario rules: One False Start, No Diving in warm-up,

Swimmers must be registered by Wednesday June 19th 2400h - note that all event times must be given or estimated

- Anyone can email directly to Shawn Folz at webmaster@ssmac.com
- Sault Masters can give entries to Hui/Anne or Sally or Basil to email in
- SSMAC and Soo Y Dolphins swimmer can go through coaches or directly
- Age as of Dec 31st 2002
- NO ENTRY FEES necessary but suggested 'donations' of \$20 per swimmer will be gratefully accepted at the swim meet

SPECIAL EVENTS

1. DICE HEATS

Before each event, a number of dice will be rolled to determine which positions in which heats will be eligible for fun prizes

2. PRIDE AWARDS (So-called because we give you nothing else...)

- Best Composite Time (male/female)
- Best Handicapped Time (male/female) based on these categories:

Age/Category	Handicap (off Composite Time)	Code
16-29 years old	None of course	A
14-15 or 30-39 years	15 s	B
12-13 or 40-49 years	30 s	C
10-11 or 50-59 years	45 s	D
8-9 or 60-69 years	1 minute	E
Under 8, 70 and over, pregnant or infirm	Automatic winner	XXX

e.g. if Blaine's total time is 3:07, Armando who is 51 achieves 3:49, and Thomas (13) gets 3:40, Armando will win the Handicapped time because 3:49-:45 is 3:04, (Thomas 3:40-:30 = 3:10).

3. RUSTY KEY AWARD

4. BEST COSTUME

5. CHALLENGE RELAY (At the end, if time and energy)

VOLUNTEERS NEEDED!

- Meet and electronic timing setup
- Timers (at least 8)
- Stroke/Turn Judges (2), Starter
- Marshalls (make sure the kids and old guys don't get lost)
- Cheerers