

North York Masters Aquatic Club 2006 Pentathlon Swim Meet

DATE: Sunday December 10, 2006

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
167 Beecroft Ave.
Toronto

The pool is close to Yonge & Hwy 401. 2 lights north of Sheppard Ave., turn left at Park Home Ave., Beecroft is the 1st street West of Yonge. There is parking in the area – prices vary from \$5 and up. Although accessible by subway – Sunday service starts at 9:00 a.m. 24 hour TTC bus service is available along Yonge St. The pool is a short walk from Yonge & Park Home Ave.

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

FEES: \$28 (includes meet and lunch for competitors)

* **NEW** * Online meet entry at <http://www.eventsonline.ca/events/nymac>

Deck entries will be accepted at a cost of \$30 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 meet for swimmers.
Non-competitors – lunch will be available for \$5/person payable at the door.

RULES: Each swimmer will swim **ALL** five individual events. Overall winners will be determined on the basis of the fastest **TOTAL** time for all five individual events. If a swimmer does not swim an event, then 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
Attn: Ralph Rieper
8 Doonaree Dr.
Toronto, ON
M3A 1M4

Phone 416-391-2850 (evenings)

Please make cheques payable to **North York Masters Aquatic Club**

See entry form (attached) for manual entries. 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 (this is a new procedure this year in an effort to help speed up results processing).

Official MSO Meet rules are in effect for this event.

Entry Deadline: Friday December 1st. 2006

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: pentathlon2006@swimgators.com

Phone Enquiries: Ralph Rieper - Meet Manager
416-391-2850 (evenings)

**North York Masters Aquatic Club
Pentathlon Meet (December 10, 2006)**

Registration Form

If your MSO registration is not received/verified by December 10th, you will not be permitted to swim in the Pentathlon.

Entry Deadline is Friday December 1st. 2006
Online entry at <http://www.eventsonline.ca/events/nymac>

Name: _____ Gender: M ____ F ____
Address: _____ Age as of Dec.31, 2006 ____
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**
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