



**North York Masters Aquatic Club
2016 Pentathlon Swim Meet**

Date: **Sunday, December 11th, 2016**

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., Toronto, ON M2N 5V7
(Pool entrance is on Beecroft Ave. - one street west of Yonge St.)

Google Map Link:

<https://www.google.ca/maps/place/Douglas+Snow+Aquatic+Centre/@43.7672842,-79.4147701,17z/data=!3m1!4b1!4m2!3m1!1s0x882b2d702f8ccd0d:0x89e58a6223f05487?hl=en>

There is parking in the lot across from the pool as well as underground parking below the pool/library entrance off of Beecroft Ave. The pool is accessible by subway, but Sunday TTC 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

Meet Manager: Philip Mindorff email pmindorff@gmail.com

Meet Referee: Chris Smith email chrismith32@hotmail.com

Sanctioning: This meet is approved by MSO (MSO 198) and sanctioned by Swim Ontario (SO 161202).

Fees: Pre-registration is **\$50.00** when registering and paying online with an e-transfer (includes meet entry for all events, all fees and a hot/cold lunch for swimmers). **Note: PayPal is not accepted, we accept only e-Transfers for online payments.**

Pre-registration is **\$55.00** when mailing registration and sending a physical cheque (includes meet entry for all events, all fees and lunch for swimmers).



Entry Deadline: *Midnight Friday, December 2, 2016 (for both Online & Mail-In Entries)*

Due to Swim Ontario and Masters Swimming Ontario concerns regarding unregisters and uninsured swimmers at Ontario masters swim meets, there will be **NO DECK ENTRIES** this year.

There is a maximum registration limit of 250 swimmers for this meet. NO EXCEPTIONS.

Eligibility: Swimmers must have reached their 18th birthday on or before the date of the meet. Swimmers must be registered with a provincial, state or national Masters association. [MSO registration is required for Ontario swimmers.](#) Those not registered with MSO shall provide proof of registration. *Please email/mail a copy of your registration if you are from another country.* All registration numbers will be verified by the meet manager prior to the meet. [Please note: We are not able to accept MSO registrations at the meet.](#)

AWARDS: Ribbons for top 3 finishes in each age group.
Swimmers age shall be as of December 31, 2016.

LUNCH: For Swimmers & volunteers, refreshments and lunch will be served after the meet.

RULES: Each swimmer shall swim **ALL** five individual events (50fly, 50bk, 50br, 50fr, & 100IM).

Overall winners in each age group will be determined by the fastest/lowest combined time for all five events. Individual age groups are 18-24, 25-29, 30-34, etc. If a swimmer does not swim an event, a penalty time will be assigned. Penalty times will also be assigned for disqualifications and will adversely affect your total time.

Current MSC Rules are in effect for this event.

<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/>

We draw your attention to the following clarification;

Breaststroke

CMSW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted prior to the first breaststroke kick.



Seeding: Events shall be **deck** seeded with slowest heats first (Rule CMSW 3.1).

NOTE: This meet has a different format than those in previous years. There is no need to submit times with your entry. Events will be seeded and marshalled on deck. Each coach OR swimmer will be given time cards upon check-in. **NO DECK ENTRIES.**

RELAYS: All relays will be swim time permitting as mixed events consisting of **4 swimmers (2 men & 2 women). Relays will be exhibition only** and 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. Age groups: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, & 280+.

RELAY CARDS: Cards will be available at 10:00am and must be returned by 11:00am.

Online Entry: **1) Online meet entries** – please complete the registration form (a Google Form) by clicking the link: <http://bit.ly/2dcJSag>

AND complete **\$50.00 online e-transfer to** northyorkgators.1516@gmail.com

Security Question: What is plural for our team mascot?

Answer: **gators** (all one word)

Note: [PayPal will not be accepted](#)

Note: Once you have submitted your registration form and your e-transfer is received, you will receive confirmation of your entry by email.

Online entries are encouraged as this helps to speed the registration process.

2) Mail-in entries

Please print and complete the registration form below and mail the form with your **\$55.00** cheque to:

Gator Pentathlon
c/o Philip Mindorff
56 Plateau Crescent
North York, ON
M3C 1M8

Phone: 416-385-1923 (evenings)
Email: pmindorff@gmail.com (anytime)



Events (SCM): 50m Butterfly
50m Backstroke
50m Breaststroke Stroke
50m Freestyle
100m Individual Medley

Relays: 4X50 SCM Mixed Medley Relay
(Time permitting) 4X50 SCM Mixed Freestyle Relay

Enquires: Philip Mindorff Gator Pentathlon
Phone: 416-385-1923 (evenings)
Email: pmindorff@gmail.com (anytime)



MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.



**North York Masters Aquatic Club
Annual Pentathlon Meet
Sunday, December 11th, 2016
MAIL-IN REGISTRATION FORM**

Pre-registration entry deadline is midnight Fri. Dec. 2nd, 2016.

Name: _____ Gender: M _____ F _____
Address: _____ Age as of Dec.31, 2016: _____
City: _____ Postal Code: _____
Email: _____
Phone: (Home) _____ (Mobile) _____
Date of Birth: _____ MSO#: _____
Club Name: _____ Club Initials: _____

Swimmers are automatically entered into all events:

Regular Pentathlon events – 50Fly, 50Bk, 50Br, 50Fr, 100IM

Please note: If you are not physically able to swim all 5 events or if you disqualified a penalty swim time will be entered as your result and will adversely affect your total time.

Note: MSO number OR appropriate Masters registration information is mandatory. Please coordinate with your club or governing body before submitting your entry. Please email/send a scan/photocopy of your registration information if you are from another country. If your Provincial, National or State registration is not received & verified by Friday December 2nd, 2016, you will not be permitted to swim in the Pentathlon. Ontario masters swimmers can check your MSO status online at <https://ms.mastersswimmingontario.ca/web/showRegisteredSwimmers.php>

Online Registration/E-Transfers:

Please see the meet package for details about online registration. (Page 3)

Manual Mail-In Registrations:

Please make cheques payable to **North York Masters Aquatic Club**. For \$55

Mail-in entries to: **Gator Pentathlon**
c/o Philip Mindorff
56 Plateau Crescent
North York, ON. M3C 1M8

Email questions to: pmindorff@gmail.com

Cancelations and Refund Policy:

Refunds will be provided minus \$20 admin fee until deadline, after the deadline no refunds will be given.