



**North York Masters Aquatic Club
2017 Pentathlon Swim Meet**

DATE: Saturday December 9th, 2017

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

PLACE: **Markham Pan Am Center**
16 Main Street, Unionville, Markham, Ontario L3R 2E8
905 475 4730

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

Meet Manager: Jennifer Stewart: jen4_ca@yahoo.com

Meet Referee: Chris Smith: chrismith32@hotmail.com

FEES: Registration is **\$60.00**.
Registration can be made either on line via e-transfer or by sent by regular mail.
This fee includes the meet entry for all events, all fees and a hot and cold lunch for swimmers.
No deck entries.
There is a maximum registration limit of 250 swimmers for this meet.

RESULTS: All results will be posted to the MSO database at:
<https://ms.mastersswimmingontario.ca>
Single-Event Registrants may participate and will be reported under the club code "SER."

AWARDS: There will be ribbons given out for the top 3 finishes in each age group.

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



MSC Warm-Up/Warm-Down Procedures (adopted by MSO)

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.



2017 Single Event Insurance Registration Form (for non-MSO participants)

Register with the same name you will use for competition. *Please print clearly.*

Last Name		First Name		Middle Initial
Street Address				
City/Province/Postal code			Phone (including area code)	
Date of Birth (yyyy/mm/dd)	Age	Gender (circle) M F	E-mail address	
Event Name and Location North York Gators Pentathlon 2017 – Markham Pan Am Center 16 Main Street, Unionville, Markham, Ontario L3R 2E8				
Signature (required)			Today's Date (required)	

2017 Single Event Waiver and Release Form (for Non-MSO participants)

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information. The personal information you provide via this *Single-Event Registration* will be used for insurance coverage and results publication. The completed *Single-Event Registration* form will be retained for one year and then destroyed unless otherwise needed for insurance purposes.

Should you wish to review the personal information held by Masters Swimming Ontario or the club hosting the event for which you are registering, you must make a request to the appropriate organization.

I hereby consent to the collection and use of personal information as described above.

ATHLETE Waiver and Release

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the organizers of the event for which I am registering and Masters Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

I agree

Last Name	First Name	Middle Initial or Name
Signature of Participant		Date Signed



**North York Masters Aquatic Club
Annual Pentathlon Meet
Saturday, December 9th, 2017
MAIL-IN REGISTRATION FORM**

Pre-registration entry deadline is midnight Friday, December 1st, 2017.

Name: _____ Gender: M _____ F _____

Address: _____ Age as of Dec.31, 2017: _____

City: _____ Postal Code: _____

Email: _____

Phone: (Home) _____ (Mobile) _____

Date of Birth: _____ MSO#: _____

Club Name: _____ Club Initials: _____

Swimmers are automatically entered into all events:

Pentathlon events: 50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM

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

Note: Swimmers not registered with MSO must swim as Single-Event Registrants (SER). Ontario masters swimmers can check your MSO status online at:

<https://ms.mastersswimmingontario.ca/web/showRegisteredSwimmers.php>

MAIL IN REGISTRATION:

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

Mail-in entries to: **Gator Pentathlon**
c/o Jennifer Stewart
31 Christine Crescent
Toronto, Ontario M2R 1A4

Email questions to: jen4_ca@yahoo.com

Entries to be post marked no later than by December 1, 2017



ONLINE REGISTRATION:

Online meet entries – please complete the registration form by clicking the link: <http://bit.ly/2hmy1dB>

AND via your own bank, e-mail the fee of \$60 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.

Gator Pentathlon

c/o Jennifer Stewart
31 Christine Crescent
Toronto, ON M2R 1A4

Phone: 416 795 1769

Email: jen4_ca@yahoo.com

Swimmers not registered with MSO must swim as Single-Event Registrants (SER). [Please note: We are not able to accept MSO membership registrations at the meet.](#)

NOTE: This meet has a different format than others. 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.**

Entry Deadline: ***Friday, December 1, 2017 (for both Online & Mail-In Entries)***

Note: [PayPal is not accepted, we accept only e-Transfers for online payments.](#)

CANCELLATION AND REFUND POLICY:

Refunds will be provided minus a \$25 admin fee until deadline (December 1, 2017). After the deadline no refunds will be given.

INQUIRIES: Gators Pentathlon Contact:
Jennifer Stewart
Phone: 416 795 1769
Email: jen4_ca@yahoo.com