



## North York Masters Aquatic Club 2011 Pentathlon Swim Meet

**DATE:** Sunday December 11<sup>th</sup>. 2011

**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 on Beecroft Ave. - 1<sup>st</sup>. street west of Yonge St.)

Google Map Link

[http://maps.google.ca/maps?hl=en&q=douglas+snow+aquatic+centre+aquatic+centre+toronto&gs\\_sm=e&gs\\_upl=01011219101010101010101010101010&bav=on.2,or.r\\_gc.r\\_pw.&biw=822&bih=528&wrapid=tlif131715389677510&um=1&ie=UTF-8&sa=N&tab=wl](http://maps.google.ca/maps?hl=en&q=douglas+snow+aquatic+centre+aquatic+centre+toronto&gs_sm=e&gs_upl=01011219101010101010101010101010&bav=on.2,or.r_gc.r_pw.&biw=822&bih=528&wrapid=tlif131715389677510&um=1&ie=UTF-8&sa=N&tab=wl)

There is parking in the lot across from the pool as well as underground parking below the pool/library (entrance off of Beecroft). While the pool is easily accessible by subway, Sunday TTC service only 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

**FEES:** Pre-registration **\$40**  
Deck entries will be accepted until 8:15 a.m. on the day of the meet at the discretion of the meet manager. Cost is **\$45**. There is a maximum registration limit of 250 swimmers for this meet. NO EXCEPTIONS.

**AWARDS:** Prizes for 1<sup>st</sup> place and ribbons for 2<sup>nd</sup> & 3<sup>rd</sup> place finish in each age group.

**LUNCH:** Competitors & volunteers - refreshments and lunch will be served after the meet.  
*In an effort to help reduce waste and plastic usage, we are encouraging all swimmers to bring along their own bottle for water*

**MASSAGE:** Massages will be offered again this year - Get rid of post race aches and pains

**RULES:** Each swimmer shall swim **ALL** five individual events. Overall winners in each age group will be determined by the fastest/lowest combined time for all five 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 relays will be swum as mixed events consisting 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 the registration process.

2) Mail-in entries

Gator Pentathlon  
75 Graydon Hall Dr., Unit 2101  
Toronto, ON  
M3A 3M5

Phone: 416-444-9845 (evenings)  
Email: [nymac\\_info@rogers.com](mailto: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. **We are not able to accept MSO registrations 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:** Tuesday December 6<sup>th</sup>. 2011

**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](mailto:nymac_info@rogers.com)



**North York Masters Aquatic Club  
Annual Pentathlon Meet  
Sunday December 11<sup>th</sup>. 2011**

**Registration Form**

**If your MSO registration is not current & verified by December 6<sup>th</sup>, 2011 you will not be permitted to swim in the Pentathlon.**

***Please ensure that your MSO registration is current. Verify your MSO status at →  
<http://www.mymisc.ca/VerifySwimmer.jsp>***

**Pre-registration entry deadline is midnight Tuesday December 6<sup>th</sup> 2011  
Online entries accepted at <http://www.eventsonline.ca/events/nymac>**

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Name (First, Last): \_\_\_\_\_ Gender: M \_\_\_\_ F \_\_\_\_  
Address: \_\_\_\_\_ Age as of Dec.31, 2011 \_\_\_\_  
City: \_\_\_\_\_  
Phone: (H) \_\_\_\_\_ (B) \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ MSO#: \_\_\_\_\_ (see above)

**Note: MSO # is mandatory. Please coordinate with your club or MSO before submitting your entry. Check your MSO status online at <http://www.mymisc.ca/VerifySwimmer.jsp>**

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 online entries

Mail-in entries to: **Gator Pentathlon**  
75 Graydon Hall Dr., Unit 2101  
Toronto, ON  
M3A 3M5  
Phone: 416-444-9845

Email inquiries: [nymac\\_info@rogers.com](mailto:nymac_info@rogers.com)



## **MSC Warm-Up/Warm Down Procedures** *Adopted by Masters Swimming Ontario (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, 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.