

# 2010 Pentathlon

April 10<sup>th</sup> and 11<sup>th</sup>

At the  
ETOBICOKE OLYMPIUM

Presented by





## **SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2005**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

### **GENERAL WARM-UP RULES:**

- **Swimmers shall enter the water FEET FIRST in a cautious manner.**
- **No Running on the pool deck or Diving from the side of the pool.**
- **Meet Management shall provide signage to indicate designated lane use during warm-up.**
- **Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.**
- **Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.**
- **Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.**
- **Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.**
- **Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.**

### **SPECIFIC/SPRINT WARM-UP PERIOD:**

- **Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.**
- **Outside Lanes should be designated as Sprint Lanes.**
- **Only 'one-way' swimming shall be permitted in Sprint Lanes.**
- **Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.**

The following statement shall appear in the meet information and in posted notices:  
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### **EQUIPMENT:**

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

# Entry Procedures

## To submit entries:

Please use [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx) to submit entries.

Use our web site [www.eswim.ca](http://www.eswim.ca) Click on "Etobicoke Hosted Meets" or the meet link posted on the front page to download the Hy-Tek Events file for the meet.

*~You will be sent confirmation of receipt of your entries~*

## Meet Results

### Meet results will be provided in the following manner:

1. **Live Results** will be available on our web site each day through a link on the front page.
2. At the conclusion of the meet Full Publication Order results and a Hy-tek results file will be posted on the front page and through the "Meet Results" link.
3. Results will be forwarded to swimming.ca within 24 hours of the completion of the meet.

# 2010 Pentathlon

- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** 8-Lane 50 metre competition pool with OMEGA electronic timing.
- Sanctioned By:** Swim Ontario. All current SNC rules will be followed.
- Meet Referee:** Steve Goodwin 416-622-0154
- Qualifying Stds:** No qualifying times. Please submit times for seeding purposes only.
- Pre-requisites:** All 14 & U swimmers must have achieved Meet Pre-Requisite times to be eligible to compete.
- Session Times:** **Saturday and Sunday**  
All Ages Warm-up 7:30 am Start 8:30 am  
All Ages Warm-up 1:00 pm Start 2:00 pm Finish 6:30 pm
- Entry Deadline:** Coaches please indicate which session they prefer to swim.  
All entries must include valid 9 digit Swim Canada registration numbers.  
**Spaces will be held for teams participating last year until March 1<sup>st</sup>.**  
Entries will be taken on a first-come, first-served basis for the remaining spaces.  
Entries are limited to 250 per session.
- Entry Fees:** \$38.00 flat fee whether swimmer swims 1 event or all 5 events.  
All costs include GST #125328625.  
Please make cheques payable to ETOBICOKE SWIMMING.
- Awards:** Within each age group, aggregate times will be determined by adding the times of each of the five events. Any disqualification results in elimination from prizes.  
  
Times for the swimmers in all 4 sessions will be accumulated and prizes for Men and Women will be awarded to the top three swimmers with the lowest aggregate times in each of the following age groups:  
  
18&O, 17, 16, 15, 14, 13, 12, 11, 10, and 9&U.  
  
Aggregate time prizes will be awarded as follows:  
1st—\$50.00 2nd—\$30.00 3rd—\$20.00  
  
Please note: Prizes will be presented in the form of gift certificates.  
  
The KERR AWARD will be given to the lowest aggregate time for Men and the lowest aggregate time for Women.
- Meet Notes:** All events will be swam Long Course.  
Events will be All Ages and swam fastest to slowest.  
All scratches to be made on the posted Heat Sheets without penalty.  
SC entries accepted and converted using the standard Hy-tek conversion.

# 2010 Pentathlon

<u>Pre-Reqs</u>	
Event	14&U
200 IM	6:00.00
400 Free	9:00.00

## Order of Events

Saturday April 10<sup>th</sup> and Sunday April 11<sup>th</sup>

### All Ages

Morning Warm Up 7:30 am Start 8:30 am

Afternoon Warm Up 1:00 pm Start 2:00 pm

	100 FLY	100 BACK	100 BREAST	100 FREE	200 I.M.
Women	1	3	5	7	9
Men	2	4	6	8	10



## **ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**