



Catherine Kerr Pentathlon

Hosted By:
Assiniboine Masters Swim Club

Friday, January 27th 2012

Swim Manitoba Sanction:
Meet Managers: George Dyker/ Alan Einarson

The meet is governed by the Swim/Natation Manitoba Harassment and abuse policy and will follow Swimming/Natation Canada Warm up procedures.

Sanction number : TDB

Warm up: 6:30 pm Meet Start: 7:00 pm Friday, January 27th 2012

POOL

**Pan-Am Swimming Pool, Training Tank Short Course
25 Poseidon Bay, Winnipeg**

ENTRY:

Open to all masters swimmers registered with a provincial or national swimming Association.

PENTATHLON:

A pentathlon is a series of five events. There are a number of combinations available for this meet:

1. 25m Fly, 25m back, 25m breast, 25m Free, 100 IM
2. 50m fly, 50 m back, 50m breast, 50m free, 100, 200, or 400 IM

FEES:

- Individual \$6.00/swimmer/event, maximum 5 events plus relay
- Relay \$24.00/team/event, Relay will be 4X50 IM Relay
- Swim Manitoba Entry Fee: - \$6.00/entrant

Provide 1 cheque per club payable to: **Assiniboine Masters Swim Club**

Fees must accompany entries; no swimmer is allowed to swim if their fees are outstanding.

NO DECK ENTRIES will be accepted

Scratches are allowed.

Results will be posted at <http://www.assiniboinemasters.com>

ENTRIES :

Time cards are not required.

VOLUNTEERS:

Contact: Lesley Clark, email geclark@mts.net. Timers are welcome.

INTERMISSION:

There will be NO intermission

COMPETITION: Swim Canada rules apply.



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CATEGORIES:

Individual Events: 19-24 & every 5 years from age 25

Relay Events: Fun event ranked based on entry time.

BANQUET:

TBD

Meet Management Team	Email address
Meet Manager: George Dyker	George_dyker@me.com
Meet Entries: George Dyker	George_dyker@me.com
Officials Coordinator:	



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Name _____ Club _____ Birthdate mmm/dd/yy CASA# _____

Individual Entry Form

Female Event	Time	Stroke	Male Event	Fees
1	:	100 IM	2	\$
3	:	25 Fly	4	\$
5	:	50 Fly	6	\$
7	:	400 IM or Free	7	\$
9	:	25 Back	10	\$
11	:	50 Back	12	\$
13	:	25 Breaststroke	14	\$
15	:	50 Breaststroke	16	\$
17	:	200 Free (Open or IM)	18	\$
19	:	25 Free	20	\$
21	:	50 Free	22	\$
23	:	Pentathlon Relay (Mixed or otherwise)	23	\$
Total Events (\$6.00/ Event)				
Total Relays (\$6.00 / Relay / Swimmer)				
Swim Manitoba Fee (\$6.00)				
Total (send with fees to your club meet coordinator)				



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Relay Entry Form

Team Name:	Age Group:
Club:	Sex:
Swimmers	Birth Date
Events	Entry Times
Team Name:	Age Group:
Club:	Sex:
Swimmers	Birth Date
Events	Entry Times

Note: All team names for your club must be unique.



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Club Payment Summary Form

Total Events (\$6.00/ Event)	
Total Relays (\$24.00 / Relay)	
Total Swim Manitoba Fee (\$6.00)	
Total	
Total	

Meet management reserves the right to combine events to make the best use of pool time.

ENTRY DEADLINE:

January 20 2011

To: George Dyker
67 Franklin Bay
Winnipeg Manitoba
R3K 2G5
Email: tnewsham1@shaw.ca

Volunteer names from club:



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SNC Warm Up Procedures

Safety: SNC Warm Up Procedures are in effect (Appendix 2). Each athlete must be under the supervision of a head or deck coach. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed.

Appendix 2:

SNC 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.

Pan Am pool, Training tank



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- 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 are NOT ALLOWED.



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Appendix 3

HARASSMENT AND ABUSE POLICY

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition.”