

GANDER LAKERS SWIM CLUB
AA/AAA INVITATIONAL PENTATHLON MEET
DECEMBER 04 - 05 , 2004.

LOCATION: Arts and Culture Centre Pool, Airport Blvd., Gander, NL

MEET MANAGER: Alice Ivany aivany@nl.rogers.com
60 Raynham Ave. 709-651-2566 [H]
Gander, NL

SANCTIONED: Swimming Newfoundland and Labrador

ELIGIBILITY: All swimmers must be members in good standing of SNL. A "AA" swimmer with one [1] "AAA" time may compete in all "AA" events. A swimmer with at least two [2] "AAA" times must compete as "AAA".

ENTRIES: All entries must be sent electronically to Alice Ivany and received no later than Friday, November 26, 2004, at 5 pm. Paper entries will be accepted only in an emergency situation. A fine of \$25 will be charged to clubs not using electronic grids or missing the registration deadline.

Note : Meet entries will not be accepted without a list of attending coaches. This is to verify membership and certification as per SNC policy.

MEET FORMAT: (I) All events will be "open" based on entry times.
(II) All events will be time finals.
(III) *Each swimmer may compete in either the **short** {50 fly, back, breast, free, 100 IM - **AA only**}, **OR medium** {100 fly, back, breast, free, 200 IM - **AA or AAA**}, **OR long** {200 fly, back, breast, free, 400 IM - **AAA ONLY**}*
(BUT NOT ALL THREE) distance pentathlon for a total of five swims.
NOTE : AA swimmers may choose between short and medium; AAA may choose between medium and long.
(IV) A limited number of exhibition swims may be permitted if free lanes are available, at the discretion of the meet management.

RELAYS: There will be no relays as this is not a team invitational.

ENTRY FEES: Entry fees are set at \$25 per swimmer.

SCRATCHES: Scratches will be accepted prior to noon, Monday, November 29, 2004. This will be a cardless meet. After this date, scratches received will result in empty lanes for certain swims.
A scratch meeting will be held fifteen minutes prior to the first warm-up.

RULES: SNC rules will govern this meet. Warm-up rules will be SNC procedures.

WARM-UP: Duration of each warm-up will be sixty minutes, split into two sessions of thirty minutes. Early and late times will alternate. [If, upon receipt of entries, numbers warrant three warm-ups, coaches will be notified.
The warm-up schedule will be e-mailed to coaches prior to arrival.

SCORING: Scoring will be by Pentathlon format, Lowest combined times for five events will determine the Pentathlon Champions.

AWARDS: (I) Awards will be given to the top finisher in AA and AAA categories, short, medium and long, male and female, by age. That is to say that a PENTATHLON CHAMPION will be named for each age {10 & under (AA), 11,12,13, 14,15,16 & over} and will be the champion for one year until the next pentathlon is held.
(II) Ribbons will be awarded for 1st to 6th place in all individual events by standard age groups (10 under, 11-12, 13-14, 15 and over).

BILLETS: Billets will be extremely limited and preference will be given to teams from Labrador and St. Pierre, to a maximum of 20 only, on a first come first serve basis. According to the resolution passed at the semi-annual in November 1997, swimmers travelling with their parents will be looked after by parents.
[Please view policy at www.swimnl.nfld.net/pdf/billetpolicy.pdf]
Requests for billeting must be sent by e-mail or phone and must be received on the same day as grids. NO LATE BILLET REQUESTS WILL BE ACCEPTED. PLEASE DO NOT REQUEST BILLETS IF YOUR TEAM IS

NOT SURE THEY ARE REQUIRED. The chairperson of billeting is Mrs. Betty Tibbo at etibbo@nl.rogers.com or by phone at 651-3920.

A block of rooms has been reserved at Sinbad's [651-2678], The Albatross [256-3956] and The Irving West [256-3981]. We ask swimmers to book rooms at one of these hotels as they are a corporate sponsor of SNL. [Please note: There is no kitchen facility at the Irving West.] When booking rooms, please specify that it is with the Gander Lakers Swim Club in order to get these rates.

COACHES: SNC requires all coaches to be in good standing with the Coaches Association, NLSCA AND CSCTA. Coaches who are not in good standing may be refused deck access.

OFFICIALS: If there are parents travelling with your team who would like to be officials, please send this information to the meet manager with your entries. If any parents are planning to volunteer, it would be helpful to have advance notice of the certified level and which sessions they are available to help. Each team will be expected to provide officials according to the motion passed at the AGM of June 2003.

SESSION #1 - SATURDAY, DECEMBER 04th

WARM-UP 8:00 am

START 9:15 am

FEMALE

MALE

1	50 BACK	2
3	100 BACK	4
5	200 BACK	6
7	50 BREAST	8
9	100 BREAST	10
11	200 BREAST	12

SESSION #2 - SATURDAY, DECEMBER 04th

WARM-UP 4:00 pm

START 5:15 pm

13	50 FLY	14
15	100 FLY	16
17	200 FLY	18
19	50 FREE	20
21	100 FREE	22
23	200 FREE	24

SESSION #3 - SUNDAY, DECEMBER 05th

WARM-UP 8:00 am

START 9:15 am

25	100 IM	26
27	200 IM	28
29	400 IM	30

SESSION SCHEDULE
GANDER PENTATHLON - DECEMBER 2004

Session #1 Saturday am [warm-up 8:00 Group #? 8:30 Group #?]	Session #2 Saturday pm [warm-up 4:00 Group #? 4:30 Group #?]	Session #3 Sunday am [warm-up 8:00 Group #? 8:30 Group #?]
50 Back	50 Fly	100 IM
100 Back	100 Fly	200 IM
200 Back	200 Fly	400 IM
50 Breast	50 Free	
100 Breast	100 Free	
200 Breast	200 Free	