



2023 Trojan Pentathlon



APPROVED
By Swim Ontario at 1:21 pm, Feb 25, 2023

Ver. 4.0 (Feb 23, 2023) Ver. 3.0 (Feb 8, 2023)

DATE(s):	March 4 th to March 5 th , 2023		REGION:	Huronia
HOSTED BY:	Barrie Trojan Swim Club			
LOCATION:	East Bayfield Community Centre - 80 Livingstone St. E., Barrie, Ontario, L4M 6X9			
FACILITY:	25m, 8 lane pool Quantum Electronic Timing System with 8 lane scoreboard. Spectator seating is available outside pool deck and above the pool deck			
PURPOSE & DESCRIPTION:	Open Invitational Age Group Meet: Sessions are split between 12 & under and 13 & over age groups. 3 Pentathlon categories of 5 events each are offered: sprint, mid-distance and Distance .			
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca			
COMPETITION COORDINATOR:	Cathi Brown cathi.brown@barrieswimming.ca	Level:	5	
	Kelly McCrae kelly.mccrae@barrieswimming.ca		4	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted			<input checked="" type="checkbox"/>
MEET MANAGER:	Rob Meeuwse	Email:	Rob.meeuwse@barrieswimming.ca	
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management & Swimming Canada Event Photography procedures will be in effect. For complete details click HERE . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
COMPETITION RULES:	Sanctioned by Swim Ontario.			
	All current Swimming Canada rules will be followed. All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click HERE to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows			
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Deep End
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry. This is an invitational meet. Participation of this meet is at the full discretion of the host club.			
	This event includes participants from the following clubs:		Open to all	
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.		



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	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.	
	<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition	
FOREIGN COMPETITORS:	<input type="checkbox"/>	Foreign competitors' entries will not be accepted	
	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.	
AGE UP DATE:	Ages submitted are to be as	March 4, 2023	
ENTRY LIMITS:	The maximum number of participants per session is	225	
	Each club is limited to the following number of swimmers	n/a	
	The maximum number of entries per swimmer is	Swimmers may swim a maximum of 15 individual events (3 pentathlon categories x 5 events)	
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.		
	Entries must include all attending coaches.		
	<input checked="" type="checkbox"/>	NT entries are not permitted	
	<input type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".	
	<input type="checkbox"/>	Qualifying standard for entry is:	n/a
	<input type="checkbox"/>	Qualifying period for entry to the meet is:	n/a
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.	
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.	
	<input type="checkbox"/>	Entry times are not to be converted. Please submit times in the course achieved.	
	<input checked="" type="checkbox"/>	Times will be converted by the host	
	<input type="checkbox"/>	Times will not be converted	
ENTRY DEADLINE:	Feb 22, 2023		
	Changes to entries will be accepted until	Feb 22, 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee	



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	<input checked="" type="checkbox"/>	Individual Events	\$100 Flat Fee	Relay Events	
	<input type="checkbox"/>	Swimmer Fee			
	Payment Method:		Make cheques payable to: BARRIE TROJAN SWIM CLUB Or Etransfer to: operations@barriesswimming.ca		
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.				
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, starting with NT entries, if permitted. 800FR will be run fastest to slowest			
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input type="checkbox"/>	Seeding will be in the following order:			

SCHEDULE OF SESSIONS:

Session #	Date	Warm-up #1	Warm-up #2	Start of session	Approx. Finish of session	Duration
1	Sat Mar 4	7:00am		8:00am	11:00am	3.00 hr
2	Sat Mar 4	11:30am	12:15pm	1:00pm	5:15pm	4.25 hr
3	Sat Mar 4	6:00pm		6:45pm	8:45pm	2.00 hr
4	Sun Mar 5	7:00am		8:00am	11:15am	3.25 hr
5	Sun Mar 5	11:30am	12:15pm	1:00pm	4:30pm	3.50 hr
6	Sun Mar 5	4:45pm		5:30pm	8:45pm	3.25 hr

**Session 2 Warm up #1 will be group 1. Session 2 Warm up #2 will be group 2.
Session 5 Warm up #1 will be group 2. Session 2 Warm up #2 will be group 1.
Group 1 is BTSC, HSC, BST, NBYT, OSAC & SLSC
Group 2 is LSC, MUSAC, OTTER, TRENT**

MIXED-GENDER:	An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event. In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session
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	that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.	
CHECKIN AND SCRATCHES:	<input type="checkbox"/>	There will be no scratch deadline for the following:
	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
	<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session.
	<input type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:
	<input type="checkbox"/>	A scratch deadline will apply for finals.
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions
	<input type="checkbox"/>	30 minutes following the posting of results of respective event
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:
DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted
	<input checked="" type="checkbox"/>	Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created).
	<input type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.
	<input checked="" type="checkbox"/>	Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.
	<input checked="" type="checkbox"/>	Fee \$ 20 per entry due at time of entry
OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.
RECORDS:	<input type="checkbox"/>	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.
	<input checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.



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MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available. http://results.barriesswimming.ca
SCORING:	<input checked="" type="checkbox"/>	No Scoring
	<input type="checkbox"/>	The following will be scoring:
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Awards will be given to the top 3 male and female swimmers with the lowest aggregate times within each age group for the three Pentathlon categories: Sprint, Mid Distance and Distance. Within each age group, aggregate times will be determined by adding the times of each of the five events. Swimmers must participate in all 5 events in a session, with the exception of the Ironman which will be swum over sessions 1 and 4. Any disqualification will result in elimination from awards.</p> <p>The following age groups will be used for awards in the Distance Pentathlon: 11-12, 13-14 and 15&O</p> <p>Distance Pentathlon Prizes will be: \$120 - 1st Place, \$80 - 2nd Place, \$40 - 3rd Place</p> <p>The following ages will be used for the Sprint and Mid Distance Pentathlon: 10&U, 11, 12, 13, 14, 15&O</p> <p>Mid and Sprint Distance Pentathlon Prizes will be medals for first, second and third place.</p>
ADDITIONAL INFORMATION:	<p>Changes to entries will not be accepted after Feb 23, 2023, at which time, fees will be calculated; no refunds will be granted for scratches or missed swims.</p> <p>COACH INFORMATION:</p> <ul style="list-style-type: none"> • Paperwork for coaches will be provided in hanging folders in the Meet Managers Office. • Any errors with meet entries should be reported to the Office each session. • Club results/awards will be available following the meet, within a reasonable period of time. • There will be food/refreshments available for the coaches in the Official's Room. • Swimmers cannot use the Emergency Exit doors to the viewing area; they must go through the change rooms and they must be wearing appropriate footwear. • Coaches are responsible for their swimmers conduct at all times before/during/after the meet. • Coaches are responsible to have their swimmers behind the blocks for their event and heat. <p>Meet Management will make every effort to accommodate missed swims at the discretion of the Session Referee and Competition Coordinator.</p>	



Coaches are encouraged to enter swimmers into all events for a given Pentathlon Category in order to be eligible for awards. Meet management reserves the right to limit the number of heats in each event. Priority will go to swimmers entered in all five events for a given Pentathlon category.

REQUEST FOR OFFICIALS INFORMATION:

- Home officials please register through the barrie trojan website

<https://www.barrieswimming.ca>

1. Click the Team Activity/ Swim School tab
2. Click Job Sign Up for 2023 Trojan Pentathlon timing and other meet related tasks
3. Check one or more of the boxes for the position(s) you would like to work

- Visiting officials please sign up with SignUpGenius using the link and instructions below:

<https://www.signupgenius.com/go/20F0E44A5AB29A57-2023>

1. Check one of more of the boxes for the position(s) you would like to work
2. Click the Submit and Sign Up button at the bottom of the screen. At this point you will have 3 options.
 - a. Login using Facebook
 - b. Login using an existing SignUpGenius account
 - c. Enter your First/Last Name and email address twice. You can then proceed without creating an account.

If you have any difficulties please email officials@barrieswimming.ca



2023 Trojan Pentathalon



SCHEDULE OF EVENTS:

Distance Pentathalon – 200m FLY / 800 FREE		
Session 1 – March 4th, 2023 – ALL AGES		
Warm-up: 7:00am Start: 8:00am		
GIRLS		BOYS
10	200m FLY	11
12	800 FREE	13

Mid Distance Pentathalon – 100m FLY / BACK / BREAST / FREE + 200m IM		
Session 2 – March 4th, 2023– 12 & Under		
Warm-up#1: 11:30am Warm-up#2: 12:15pm Start: 1:00pm		
GIRLS		BOYS
20	100m FLY 12&Under	21
22	100m BACK 12&Under	23
24	100m BREAST 12&Under	25
26	100m FREE 12&Under	27
28	200m IM 12&Under	29

Sprint Pentathalon – 50m FLY / BACK / BREAST / FREE + 100m IM		
Session 3 – March 4th, 2023 – 13 & Over		
Warm-up: 6:00pm Start: 6:45pm		
GIRLS		BOYS
30	50m FLY 13&Over	31
32	50m BACK 13&Over	33
34	50m BREAST 13&Over	35
36	50m FREE 13&Over	37
38	100m IM 13&Over	39



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Distance Pentathlon –400 IM / 200 BACK / 200 BREAST

Session 4 – March 5th, 2023 – ALL AGES

Warm-up: 7:00am Start: 8:00am

GIRLS		BOYS
14	400 IM	15
16	200 BACK	17
18	200 BREAST	19

Sprint Pentathlon – 50m FLY / BACK / BREAST / FREE + 100m IM

Session 5 – March 5th, 2023 – 12 & Under

Warm-up#1: 11:30am Warm-up#2: 12:15pm Start: 1:00pm

GIRLS		BOYS
50	50m FLY 12&Under	51
52	50m BACK 12&Under	53
54	50m BREAST 12&Under	55
56	50m FREE 12&Under	57
58	100m IM 12&Under	59

Mid Distance Pentathlon – 100m FLY / BACK / BREAST / FREE + 200m IM

Session 6 – March 5th, 2023 – 13 & Over

Warm-up: 4:45pm Start: 5:30pm

GIRLS		BOYS
60	100m FLY 13&Over	61
62	100m BACK 13&Over	63
64	100m BREAST 13&Over	65
66	100m FREE 13&Over	67
68	200m IM 13&Over	69

Pool Facilities & Map

