



Canmore Pentathlon

Date:	Saturday, October 19, 2019 and Sunday, October 20, 2019	
Facility:	Elevation Place, Railway Avenue, Canmore, AB 8 lane 25-meter pool, manual stopwatch timing	
Program:	Sat – Warm-up: 3:00 – 3:50 pm	Start: 4:00 pm
	Sun – Warm-up: 8:00 – 8:50 am	Start: 9:00 am
Rules:	The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.	
Safe Sport:	All interactions between an athlete and an individual who is in a position of trust should normally and wherever possible, be in an environment or space that is both “open” and “observable” to others.	
Competition and Diving Readiness Standards:	Entry to competition is limited to participants who have passed Swim Alberta’s Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.	
Diving Rules:	Starts will be conducted from Starting Platforms as per FINA FR 2.3 and SW 4.1	
Eligibility:	This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.	
Scratches:	The Swim Alberta scratch rule will be in effect for this competition.	
Entry Process:	All entries must be submitted through the Swimming Canada online system. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.	
Entry Limits:	Minimum # swimmers: 100; Maximum # swimmers: 220; Reserved entries: 80.	
Entry Fees:	\$9.00 per individual entry and \$16.00 per relay entry Saturday - 5 individual events and 1 relay; Sunday - 3 individual events and 1 relay	
Meet Format:	Saturday’s events scored as a pentathlon. 100 IM plus 50m of each stroke Age groups: 9 & under, 10, 11, 12, 13, 14, 15 & over	
Seeding:	All events seeded fastest to slowest by gender. All events are timed finals.	
Deadlines:	Entries: Monday, October 14, 2019 Scratches: Thursday, October 17, 2019	



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Saturday, October 19 Warm-up - 3 pm Start - 4 pm

Girls	Events	Boys
1	50 Free	2
3	50 Breast	4
5	100 IM	6
7	50 Back	8
9	50 Fly	10
11	200 Medley Relay	12

Sunday, October 20 Warm-up - 8 am Start - 9 am

Girls	Events	Boys
13	100 Free	14
15	100 Back	16
17	100 Breast	18
19	100 Fly	20
21	200 Free	22
23	200 Free Relay	24

Meet Manager - Mike Gleason – mike@riptides.ca

Riptides Head Coach - Tom Shackel – coach@riptides.ca

Riptides.ca