

Barrie Trojan Pentathlon

March 1-3 2024.

Hosted by: Barrie Trojan Swim Club

Location: East Bayfield Rec Centre

80 Livingstone St. E., Barrie, Ontario L4M 6X9

Who: Sr Novice, Bronze, Silver and Gold

Meet Rules: All swimmers are to wear CATS shirts/teamwear and caps. **Absolutely no food OR CELL PHONES allowed on deck and no phones in changerooms.** Swimmers will be scratched from first event if more than 15 minutes late for warm ups. Bring lots of team spirit! We plan to have a lot of fun and cheering from everyone. Swimmers are encouraged to enter all 5 events in a given session as scoring will be based on cumulative time across all five events. **Swimmers who are not entered in all five events per session will receive official results, but they will not be eligible for Pentathlon awards.**

The following will be awarded:

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 Ironman. 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.

The following age groups will be used for awards in the Ironman Pentathlon: 11-12, 13-14 and 15&O

Ironman Pentathlon Prizes will be: \$120 - 1st Place, \$80 - 2nd Place, \$40 - 3rd Place

The following ages will be used for the Sprint and Mid Distance Pentathlon: 10&U, 11, 12, 13, 14, 15&O

Mid and Sprint Distance Pentathlon Prizes will be medals for first, second and third place.

***we will only enter our swimmers in events we know they are ready to compete in. The meet fee will be the same regardless of number of events a swimmer is entered in.**

All swimmers are required to stay and cheer on deck until all of the CATS in the session have finished racing. Please plan accordingly. Please indicate on the form what session your swimmer is attending ie: Mere T Edwards /sessions 1&4

Cost: 120.00 flat rate

Note: Officials are always needed, if available please sign up online, instructions below. Another way to earn funds towards your family account. Please send healthy snacks and plenty of fluids (water or Gatorade) with your swimmers.

Due Date: Wednesday Feb 14, 2024

Yes, _____ will attend The Trojan Pentathlon.

I would like to apply \$ _____ from my family account towards the entry fees. I have enclosed a cheque/cash/etransfer (circle one) for \$ _____ to cover the remaining amount owing.

*if paying by etransfer please include Trojan Pentathlon and swimmer's name in the message. Please make cheque payable to: Orillia Channel Cats

Please return this to the Cats office door mailslot or Coach Mere by Feb 14. Please respect the deadline.

Please Note: If you are able to volunteer, you are requested to sign up to officiate for this meet online. Please see step by step instructions below.

Request for Officials

- Visiting officials please sign up with SignUpGenius using the link and instructions below:
[Barrie Trojan Swim Club: 2024 Trojan Pentathlon - Officials Sign-up \(signupgenius.com\)](https://signupgenius.com)
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

SCHEDULE OF EVENTS: Session 1 13 & over Sprint Distance Pentathlon –

50m FLY / BACK / BREAST / FREE + 100m IM

Friday March 1, 2024

W arm-up: 4:30 PM -- Start: 5:30 PM (split warm up Schedule TBD)

50m FLY 13&Over

50m BACK 13&Over

50m BREAST 13&Over

50m FREE 13&Over

100m IM 13&Over

Session 2 Ironman Pentathlon – 200m FLY/400 IM/800 FREE

Saturday, March 2, 2023

W arm-up: 7:00 AM -- Start: 7:45 AM

200m FLY

400m IM

800 FREE

Session 3 12& under Mid Distance Pentathlon –

100m FLY / BACK / BREAST / FREE + 200m IM

Saturday, March 2, 2023

W arm-up: 11:30 PM -- Start: 12:15 PM (split warm up Schedule TBD)

100m FLY 12&Under

100m BACK 12&Under

100m BREAST 12&Under

100m FREE 12&Under

200m IM 12&Under

Session 4 13 & over Mid Distance Pentathlon – 100m FLY / BACK / BREAST / FREE + 200m IM

Saturday, March 2, 2023

W arm-up: 5:30 PM -- Start: 6:15 PM (split warm up Schedule TBD)

100m FLY 13&Over

100m BACK 13&Over

100m BREAST 13&Over

100m FREE 13&Over

200m IM 13&Over

Session 5 Ironman Pentathlon – 400 FREE/1500 FREE

Sunday, March 3, 2023

W arm-up: 7:00 AM -- Start: 7:45 AM

400 FREE

1500 FREE

Ironman Awards - Officials Acknowledgement follows the last race from the Ironman

Session 6 12 & under Sprint Distance Pentathlon – 50m FLY / BACK / BREAST / FREE + 100m IM

Sunday, March 3, 2023

W arm-up: 1:00 PM -- Start: 1:45 PM (split warm up Schedule TBD)

50m FLY 12&Under

50m BACK 12&Under

50m BREAST 12&Under

50m FREE 12&Under

100m IM 12&Under