



## GO PENTATHLON - BLUE & ORANGE

October 05, 2019

### Meet Information

Team Group Pictures will occur @ 8:15 am:  
All swimmers must wear GO Kingfish team t-shirt!

The following is the information regarding the GO Start Up to be held October 05, 2019. Any swimmers eligible to swim in this competition are listed on the [‘Meet Group Eligibility’](#) page of this package. All eligible swimmers will be entered the meet. If you are [rejecting invitation](#) into this meet, you must submit the ‘REJECTION NOTICE’ included in this package (or an email) and submit it to your respective coach by the rejection deadline. Once the rejection deadline has passed, entries will immediately be submitted to the event and the swimmer and/or family is responsible for [all fees](#) associated with the meet.

The swimmer/family is responsible for their fees regardless whether the swimmer attends the meet or not after the rejection deadline because the club pays the fees in advance on behalf of the swimmer.

This is an In-Town meet, and all fees will be taken out of your account.

Rejection Deadline for the GO PENTATHLON:  
**September 30 , 2019- Final change deadline**

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GO PENTATHLON  
2019  
October 05, 2019

REJECTION DEADLINE:  
September 30, 2019

MEET GOALS:  
Get to know staff and fellow swimmers; Swim with good technique; Implement new race strategies; Continue with your 'Streamlines' and explosions of the wall; Interact with Teammates; Embrace the competition at hand; view the different levels of swimming by age all the way upto University----- HAVE FUN WITH OUR TEAMMATES!!

**Location:** Montpetit Hall, University of Ottawa on the Ottawa University Campus

**Dates:** Saturday October 5, 2019

<b>Sessions:</b>	<u>Session</u>	<u>Warm-up</u>	<u>Start</u>
	Saturday	08:30 -09:10am	9:15am

- Team Pictures: 8:15am: Wear Go Kingfish T-shirt
- Youth Group, Senior Blue, Senior Kingfish, and Go Perform must wear team jacket.
- **Must arrive 15 minutes before designated warm up times and check in with your coach**

**Eligibility:** Listed swimmers on the last page are eligible for this meet and will be entered in the meet unless their written submission of the 'Withdrawal' is returned to their respective coach  
**September 30 2019: Email is the method if not attending!**

**Age:** Swimmers age is as the first day of the meet

**Events:** Each swimmer may swim up to **5 individual events.**  
All events will be posted on the Internet two weeks prior to the meet

**Cost:** All cost associated with the meet will be taken out of your in town account.  
Please review your Go information booklet for intown meet procedures regarding billing.

- Go Surcharge: \$7.50

**Food/Drinks:** Please make sure you pack yourselves healthy snacks/water/Juice and always have your water bottle with you. Please consult your swim meet guide to see what we suggest you have with you:

**Team Apparel:** Go team shirts, and other clothing are required at all times while on deck. No other clothing is permitted. We attend meets as a team, and are going to present ourselves as a team.



GO PENTATHLON 2019  
ORDER OF EVENTS

Saturday October 05, 2019

*Team Pictures for Go Kingfish will be @ 8:15*

Session 1

Warm ups: 8:30 AM

Start Time: 9:15 AM

<b>Event #</b>	<b>Event Description</b>	<b>Age</b>
1	25 Fly	Mixed Open
2	50 Fly	Mixed Open
3	50 Back	Mixed Open
4	25 Breast	Mixed Open
5	50 Breast	Mixed Open
7	50 Free	Mixed Open
8	100 IM	Mixed Open

*\*You must arrive 15minutes before the start of the designated warm up time*



**GO PENTATHLON 2019  
MEET ELIGIBILITY**

The following are the swimmers that are eligible for the **GO Pentathlon**.  
Please contact your respective coach if you have any questions:

**GO Perform Eligible Swimmers-** ALL SWIMMERS ELIGIBLE

Please contact Jason Allen if you have any questions or will not be attending the meet.

**Senior Kingfish Eligible Swimmers-** ALL SWIMMERS ELIGIBLE

Please contact Tom Langridge if you have any questions or will not be attending the meet.

**Senior Blue Eligible Swimmers-** ALL SWIMMERS ELIGIBLE

Please contact Alex Lorrain if you have any questions or will not be attending the meet.

**Youth Group Eligible Swimmers –** ALL SWIMMERS ELIGIBLE

Please contact Simon St. Pierre if you have any questions or will not be attending the meet.

**Gold Group Eligible Swimmers-** ALL SWIMMERS ELIGIBLE

Please contact the following coach if you have any questions or will not be attending the meet:

- Gold Central-uOttawa Kristian Peshev
- Gold East - BMRC Audrey Rivest

**Bronze/Silver Eligible Swimmers-** ALL SWIMMERS ELIGIBLE

Please contact the following coach if you have any questions or will not be attending the meet:

- BMRC Site (East) Audrey Rivest
- Canterbury Site (Central) Anna Dahlgren
- Sawmill Site (South) Anna Dahlgren



GO START UP 2019  
REJECTION NOTICE

**\*\* IF YOUR SWIMMER IS UNABLE TO ATTEND THE GO START UP INVITATIONAL, PLEASE EMAIL YOUR GROUP COACH BY September 30 2019. \*\* *Telling your coach @ practice in not sufficient.***

We strive to be a paperless club—A simple email stating your swimmer will not be attending this meet is the method of communication if not attending.

\_\_\_\_\_ will not be attending the  
(Swimmers Name) Go START UP INVITE 2019

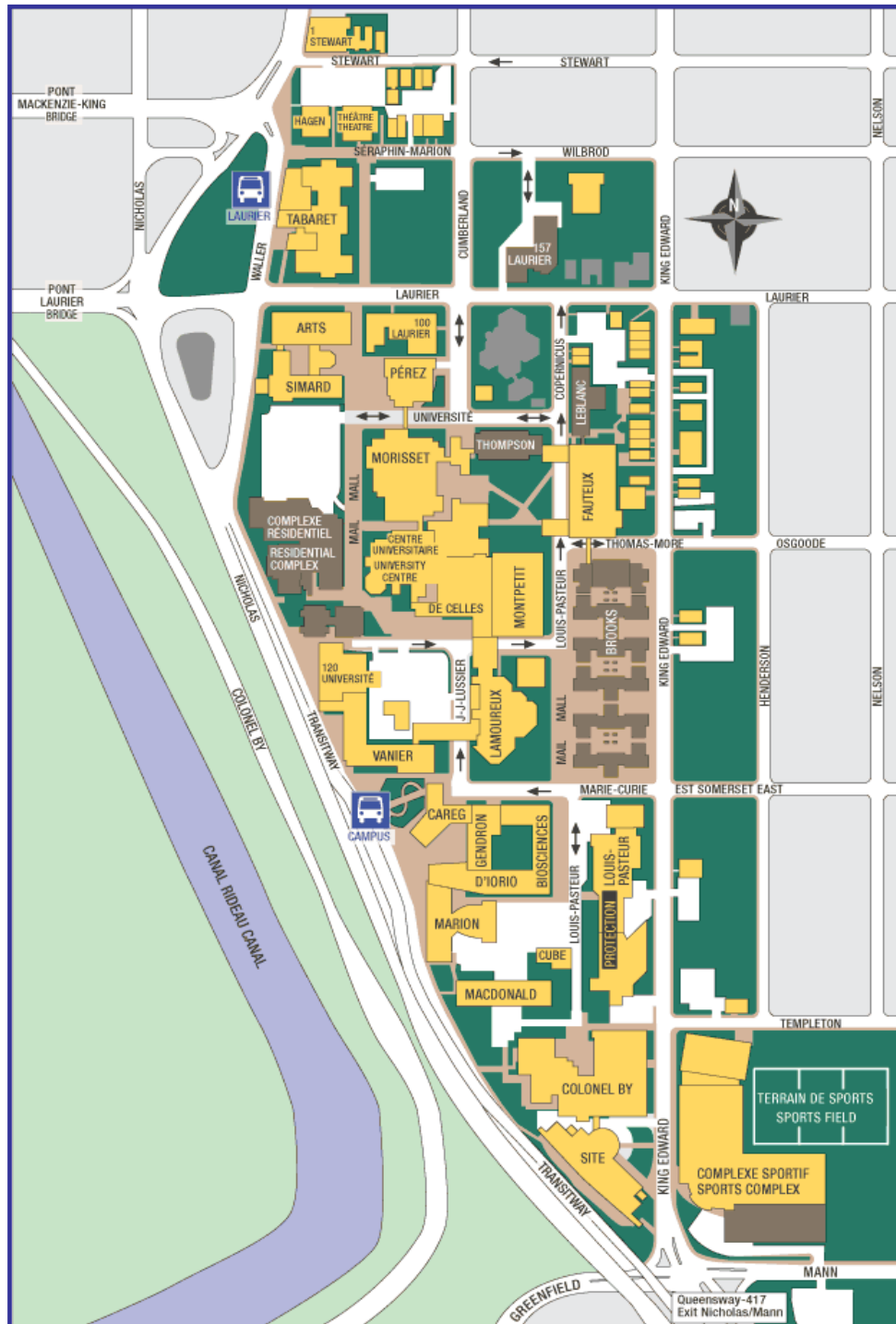
\_\_\_\_\_  
(Parent Name – please print)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)



# University of Ottawa



Remember to pay for parking or park on the city streets(free).

