



AA #3 Pentathlon Championship

Hosted by: **Cape Breton Dorados Swim Club**
May 9th – 10th, 2026
Kiwanis Pool, 25 Inglis St, Sydney, NS B1P 7C6

Sanctioned By: Swim Nova Scotia

Meet Manager: Tiffany MacKinnon:
Dorados.Manager@outlook.com

Head Official: Gerry Doucett: salmondoucet@gmail.com
Officials from all teams are invited to help as timers or Senior officials, please send availability and preferred position to Gerry.

Entry Fees:
\$8.00 per event; maximum of 6 individual entries.
Etransfer to: Dorados.Treasurer@Outlook.com (please include club name) OR please make cheques payable to:
Cape Breton Dorados Swim Club

Entries:
Hy-Tek entries should be uploaded directly to the SNC database (REMS) by the entry deadline Friday May 1st at midnight. Late entries will not be accepted.

Scoring:
The Pentathlon Champion is based on an aggregate score of 100 IM + 50 FR + 50 BR + 50 FLY + 50 BK

Meet Rules:
SNC rules and [warm-up procedures](#) will be in effect.

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. During warm-up, all swimmers must enter the pool with a controlled, feet-first entry.

Swim Wear: [SNC Swim Wear](#) rules in effect.

The meet will be **swum as mixed gender**, open events, timed finals.
An exemption from SNC rule SW 10.1 to swim events in gender separated events has been granted.

- In spite of this exemption, any swimmer who achieves a record time at this competition that recognizes records at any level (provincial, national etc.) will not be recognized for that record **unless the coach has advised the Meet Manager by the entry deadline that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.**

Deck Access/Safe Sport:
Registered swimmers, coaches and officials participating in the meet are allowed on deck. Parents may spectate from the designated areas.

Photographers must be pre-approved in advance by contacting meet management [in advance of the meet](#).

Photography/Videography: In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Nova Scotia sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

Results: Unofficial live results will be available on meet mobile.

Awards: Pentathlon Champions will be awarded by gender and Age Group broken into the following categories; 12 & Under, 13-14, 15 & Over.

Each swimmer entered must be graduated from Nova Tech Aqua Kids and be fully registered with Swimming Canada through their respective Provincial Swimming Office.



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ORDER OF EVENTS

SESSION I		
WARM-UPS: 2:00pm		
MEET START: 3:00pm		
SATURDAY MAY 9 th , 2026		
Event #	Age Group	Event
1	Open	50m Freestyle
2	Open	100m Backstroke
3	Open	100m Butterfly
4	Open	50m Breaststroke
5-9	Open	200m OPEN*
SESSION II		
WARM-UPS: 8:00am		
MEET START: 9:00am		
SUNDAY MAY 10 th , 2026		
10	Open	50m Backstroke
11	Open	100m Freestyle
12	Open	100m Breaststroke
13	Open	50m Butterfly
14	Open	100m IM
15	Open	4 x 50m Mixed Medley Relay

- Pentathlon Champion is awarded by gender & age group 12&U, 13-14, 15&O, based on aggregate score of: 100m IM + 50m FR + 50m BR + 50m FLY + 50m BK
- *200m OPEN - swimmers **choose 1** 200m event, seeded by time
- Breaks may be added at the discretion of Meet Management