



Prior to attending our GO Kingfish Pentathlon, all participants must complete the COVID Screening via the [uOttawa website](#) or via Ottawa Public health. This is to be completed the day of the event. Should an athlete not pass the screening, they are not to attend the event.

ARRIVAL TO UOTTAWA:

- All athletes are to follow all posted uOttawa Covid rules in the building MNT.
- All participating athletes and family members MUST wear a Mask at all times in the building.
- While waiting to begin warmups or between races, swimmers must wait at their designated seat along the pool deck, as per a normal practice session.

WARM UP TIME: 8:35am – 9:15am

- Once Warmups commence, athletes can arrive at their assigned lanes and progress with their meet warm up.
 - **Bronze/Silver East:** Lane 1 (Start and Exit in Shallow end)
 - **Bronze/Silver Central:** Lane 2 (Start and Exit in Deep End)
 - **Gold East:** Lane 3 (Start and Exit in Shallow end)
 - **Gold Central:** Lane 4 (Start and Exit in Deep end)
 - **Youth Group:** Lanes 5 and 6 (Start and exit in Shallow end)
 - **Senior Track 2:** Lanes 6 and 7 (Start and Exit in Deep end)
 - **Senior Track 1:** Lanes 8 and 7 (Start and Exit in Deep end)

RACE TIME:

- Athletes must wear their mask to the starting blocks. Masks will be placed on the hooks behind the blocks while racing.
- After race is done, they will exit the water and walk back, along the clock side) to retrieve their masks that were placed on the hooks. Masks are to be put on until next race.
- Athletes will only bring what they need to race (goggles, cap...) plus a mask to the blocks.
- Four heats+ prior to scheduled swim, swimmers will be ready at their seats and prepared to race.
- Two heats Prior, swimmers should proceed to the deep end (UNDER THE SCORE BOARD). Swimmers will then stand under designated spots and proceed to blocks when requested by officials.

- One heat prior to their race, after the heat before them clears the water, swimmers will make their way to the blocks, place mask on hook on wall and wait for referee.
- The Referee will then blow one long whistle and step up on the block.
- After your respective heat, swimmers will immediately exit the water, walk to retrieve their mask and return to their seating, (**exit and walk back towards the Scoreboard side of the pool!**) as listed in our Flow of Traffic Diagram below.

DEPARTING FACILITY:

- Swimmers are departing the pool deck after their final race, with all their belongings, via the change rooms. Follow all uOttawa rules and regulations exiting the building. [Please thank all our parents, officials, coaches and lifeguards.](#)

FLOW OF TRAFFIC FOR RACING

