



Sport Technical Manual

AQUATICS — SYNCHRONIZED SWIMMING



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About

About the Sport Technical Manuals

Published in 2014, the *Sport Technical Manuals* provide details about each sport competition at the TORONTO 2015 Pan American Games, as well as operational information that may be of interest to teams. Each manual includes:

- An introduction to Toronto and the Games.
- Sport-specific information such as competition format and schedule, training and qualification criteria.
- Operational information on accreditation, ticketing, transportation, accommodation, medical services and doping control.
- Venue maps and a daily competition and training schedule for all sports.

While this information is accurate as of the date of publication, details may change. NOCs should consult their TO2015 extranet (Cosmos, <https://to2015panam.sharepoint.com/sites/Extranet/NOC/SV/SitePages/Home.aspx>) for important updates.

The TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015) will provide detailed *Team Guides* for each sport to NOCs in June 2015.

About Toronto

Toronto, the largest city in Canada and the capital of the province of Ontario, celebrated its 180th anniversary in March 2014. Located on the picturesque shoreline of Lake Ontario, Toronto is Canada's most populous region and just over an hour's drive from the American border.

- At 112 metres (367 feet) above sea level, Toronto's altitude offers ideal conditions for high-performance athletes.
- Toronto features warm but moderate summer temperatures with an average of fewer than five days in July with temperatures above 30°C (86°F).
- Average monthly rainfall for July is only 67 millimetres. On average, one in three days will offer some precipitation, but only one day in nine has rainfall greater than 5 millimetres.
- Toronto is the third largest financial centre in North America.
- *The Economist* ranks Toronto as the fifth "most liveable" city in the world based on factors including stability, health care, culture, environment, education and infrastructure.
- With a population of 2.6 million people, Toronto is Canada's largest city and the fifth largest in North America.
- Toronto's surrounding region is home to 8.1 million people, all living within an hour's drive of the Games area.
- Approximately 20 per cent of the region's population was born in the Caribbean, Central America, South America, the United States or Mexico.

About the TORONTO 2015 Pan American Games

In brief

Sports: 36

Disciplines: 52

Medal events: 364

Athletes: 6,000+

Competition venues: 29

Competition days: 20

Athletes' Village opening: July 5, 2015

Opening Ceremony: July 10, 2015

Closing Ceremony: July 26, 2015

Competition venues

CIBC Pan Am Park

CIBC Pan Am Park, located on downtown Toronto's waterfront, will be home to five competition venues and 15 sport disciplines.

- Chevrolet Beach Volleyball Centre: volleyball – beach volleyball
- Exhibition Centre: indoor volleyball, handball, racquetball, roller sports – figure skating, squash
- Exhibition Stadium: rugby sevens
- Ontario Place West Channel: aquatics – open water swimming, athletics – marathon and race walk, cycling – road cycling, triathlon, waterski & wakeboard
- Toronto Coliseum: gymnastics – artistic, gymnastics – rhythmic, gymnastics – trampoline

Toronto

In addition to CIBC Pan Am Park, the city of Toronto will be the site of nine venues covering 12 sport disciplines.

- Canadian Tennis Centre: tennis
- Centennial Park Pan Am BMX Centre: cycling – BMX
- CIBC Pan Am/Parapan Am Aquatics Centre and Field House: aquatics – diving, aquatics – swimming, aquatics – synchronized swimming, fencing, modern pentathlon, roller sports – speed skating
- CIBC Pan Am/Parapan Am Athletics Stadium: athletics – track and field
- Pan Am Bowling Centre: bowling
- Pan Am/Parapan Am Fields: field hockey
- Royal Canadian Yacht Club: sailing
- Ryerson Athletic Centre: basketball
- Varsity Stadium: archery

North of Toronto

- Caledon Pan Am Equestrian Park (Caledon): equestrian – eventing, dressage and jumping
- Hardwood Mountain Bike Park (Oro-Medonte): cycling – mountain bike
- Minden Wild Water Preserve (Minden): canoe/kayak – slalom
- Pan Am Cross-Country Centre (Caledon): equestrian – eventing
- Pan Am Shooting Centre (Cookstown): shooting

East of Toronto

- Angus Glen Golf Club (Markham): golf
- Atos Markham Pan Am/Parapan Am Centre (Markham): aquatics – water polo, badminton, table tennis
- Oshawa Sports Centre (Oshawa): boxing, weightlifting
- President's Choice Ajax Pan Am Ballpark (Ajax): baseball, softball

West of Toronto

- CIBC Hamilton Pan Am Soccer Stadium (Hamilton): football
- Cisco Milton Pan Am/Parapan Am Velodrome (Milton): cycling – track cycling
- Mississauga Sports Centre (Mississauga): judo, karate, taekwondo, wrestling
- Pan Am Individual Time Trial Route (Milton): cycling – road cycling (individual time trial)
- Royal Canadian Henley Rowing Course (St. Catharines): rowing
- Welland Pan Am Flatwater Centre (Welland): canoe/kayak – sprint



Introduction

On behalf of the TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015), I am pleased to introduce this *Sport Technical Manual* for the TORONTO 2015 Pan American Games.

Our mission – ignite the spirit through a celebration of sport and culture – is built on the foundation of our values: joy, purpose, accountability, collaboration and results. At the heart of this is ensuring that the TORONTO 2015 Games are sport focused and athlete centred.

We are dedicated to providing a first-rate field of play and delivering an outstanding experience for all athletes, coaches and officials. We are also committed to providing athletes and teams with the best possible conditions at our competition venues for them to perform at their peak, which include a combination of transformational new facilities and iconic existing locations. The training facilities will be of similarly high standard and will be conveniently located within easy reach of the Athletes' Village and satellite accommodation locations.

To assist you in your Games preparations, we have prepared this *Sport Technical Manual* in collaboration with your respective Continental and International Federations. This manual provides the necessary sport-specific content for the successful delivery of each sport competition as well as operational and general information that may be of interest to athletes and teams.

The Games provide an opportunity to celebrate and strengthen the goals of fair play and diversity, foster lifelong friendships, promote accessibility and inclusion, and encourage all of us, on and off the field, to practice good sportsmanship.

We look forward to welcoming you to Toronto in July 2015.

Bob O'Doherty
Senior vice-president, sport
TO2015

Key Personnel

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Competition

Events
Women (2)
Team
Duet

Format

The Fédération Internationale de Natation (FINA) rules of competition will apply to the TORONTO 2015 Pan American Games. The rules referenced in the following document form only part of the rules: fina.org/H2O/docs/rules/sy_rules_20132017.pdf.

The synchronized swimming competition will be comprised of four sessions: technical routine and free routine programs in each of team and duet.

Team event competition

Eight teams, with a maximum of nine athletes each (including one reserve), may participate in the team competition.

Each team will perform:

- **Technical routine (SS 4.2):** Each team must perform the required elements as described in Appendix VI of the FINA *Handbook 2013–2017 Constitution and Rules*. The routines are to be choreographed to music.
- **Free routine (SS 4.3):** May consist of any listed figures, strokes and/or parts thereof set to music. Free routines have no restrictions as to choice of music, content or choreography.
- Time limits: SS 14.1.3 including 10 seconds for deck movement.
 - technical routine team: 2 minutes 50 seconds
 - free routine team: 4 minutes 00 seconds

Duet competition

Twelve teams, with a maximum of 24 athletes (no reserves will be allowed), may participate in the duet competition. Each duet will perform:

- **Technical routine:** Each duet must perform the required elements as described in Appendix VI of the *FINA Handbook 2013–2017 Constitution and Rules*. The routines are to be choreographed to music.
- **Free routine:** May consist of any listed figures, strokes and/or parts thereof set to music. Free routines have no restrictions as to choice of music, content or choreography.
- **Time limits:** SS 14.1.2 including 10 seconds for deck movement.
 - technical routine duets: 2 minutes 20 seconds
 - free routine duets: 3 minutes 00 seconds

3.2 Routine panels

SS 16.1 Three panels of five judges must officiate.

SS 16.1.1 Judges must officiate:

In free routines

- panel one: execution
- panel two: artistic impression
- panel three: difficulty

In technical routines

- panel one: execution
- panel two: impression
- panel three: elements

3.3 Judgment of routines

SS 17.2 In free routine, each judge will award one score, from 0 to 10 points each (see SS 17.1). Execution panel judges will award one score for execution and synchronization. Artistic impression panel judges will award one score for choreography, music interpretation and manner of presentation. Difficulty panel judges will award a score for difficulty.

SS 17.2.1 First panel-execution score: 30%.

Consider:

	Duet	Team
Execution	50%	50%
Synchronization	50%	50%

SS 17.2.2 Second panel – artistic impression score: 40%.

Consider:

	Duet	Team
Choreography		
Music interpretation	100%	100%
Manner of presentation		

SS 17.2.3 Third panel – difficulty score: 30%.

Consider:

	Duet	Team
Difficulty	100%	100%

SS 17.3 In the technical routine, each judge will award scores ranging from 0 to 10 points (see SS 17.1). Execution panel judges will award one score for execution of all movements that do not have an assigned degree of difficulty, and synchronization. Impression panel judges will award one score for difficulty, choreography, music interpretation and manner of presentation. Elements panel judges will award individual scores for the execution of each required element with an assigned degree of difficulty.

SS 17.3.1 First panel – execution score: 30%.

Consider:

	Duet	Team
Execution	50%	50%
Synchronization	50%	50%

SS 17.3.2 Second panel – impression score: 30%.

Consider:

	Duet	Team
Difficulty	50%	50%
Choreography		
Music interpretation	50%	50%
Manner of presentation		

SS 17.3.3 Third panel – elements score: 40%.

Consider:

	Duet	Team
Execution of each required element with an assigned degree of difficulty	100%	100%

3.4 Deductions and penalties in routines

As per **SS 18**.

3.5 Calculation of the routine results

As per **SS 19, SS 19.1** Free Routine and **SS 19.2** Technical Routine.

3.6 Final result (SS 20)

SS 20.2.2 will apply to the TORONTO 2015 Pan American Games.

Music Accompaniments

SS 15.3 Team managers/coaches will be responsible for labelling three individual discs with speed, name of competitor and country for each routine. If the deadline and means for submission for the music is respected, the sound centre manager will then be entirely responsible for the correct execution of the music. In all other circumstances, if the sound reproduction is not working, the team manager will be entitled to immediately provide two additional discs with the music. If the two additional discs fail again, the competitor is disqualified.

The deadline and means for submission of the music will be confirmed at a later date.

Rules

The synchronized swimming competition at the TORONTO 2015 Pan American Games will be held in accordance with the Pan American Sports Organization (PASO) *Statute* and FINA rules and regulations in force at Games time. If doubts or disagreements should arise over these rules, the English version will prevail.

Cases not covered by the rules will be resolved as follows:

Cases of a general nature will be resolved in accordance with PASO *Statute* and regulations; Issues of a technical nature will be resolved according to FINA rules and regulations.

According to the PASO *Statute*, the PASO technical committee and the Union Americana de Natacion (UANA) will be responsible for the technical control and direction of the synchronized swimming competition at the TORONTO 2015 Pan Am Games.

Technical officials

For FINA-sanctioned events, the officials will comprise:

- 1 referee – technical synchronized swimming committee (TSSC)
- 1 FINA observer
- 1 assistant referee for each event (TSSC)
- 3 technical routine assistants for technical routine events (TSSC)
- 15 judges – 3 panels of 5 judges each
- 3 timers
- 1 clerk of course
- 1 chief recorder and 2 scorers

- 1 music centre manager
- 1 announcer
- other officials as deemed necessary

Protests

Protests will be resolved under FINA rule GR 9.2.

Protests are possible under the following circumstances:

- If the rules and regulations for the conduct of the competition are not observed.
- If other conditions endanger the competitions and/or competitors.
- Against the decisions of the referee; however, no protest will be allowed against decision of fact.

Protests must be submitted together with a deposit of 100 Swiss Francs or its equivalent:

- to the referee
- in writing on FINA forms
- by the responsible team leader
- within 30 minutes following the conclusion of the respective event or match

Jury of appeal

For the TORONTO 2015 Pan American Games, the jury of appeal will comprise the UANA executive committee and UANA honorary members present and the FINA delegate when present with the UANA president or in his absence a UANA vice-president as chairman.

A jury member will be allowed to speak, but not to vote, on a case in which the interest of his/her Federation is involved. A jury member having acted as an official will not be allowed to vote on a case if there is a protest against his/her decision or on his/her interpretation of a rule.

In case of urgency, the jury may vote on a matter even if it has not been possible to contact all members.

The decision of the jury will be final.

Competition draw

The order of appearance for technical routines will be decided by lot. The draw will take place according to SS 13.6. The draw for technical routines will occur at the technical meeting.

The draw for free routines will take place according to SS 13.7.

Changes to entries after the draw

Changes to entries after the draw will only be permitted in accordance with the FINA *Synchronised Swimming Rules*, Section 13.5.1.

Forms for reserves will be available from the sport information desk at the competition venue. These forms should be returned to the sport information desk at least two hours before the published start time of the routine. Each team leader will be required to sign in order to confirm they have submitted their form for the upcoming competition.

Announcement of results

The results of each event will appear on the electronic board at the respective competition venue. A copy of the results will be posted at the sport information desk.

Each NOC will also have a pigeonhole where they will receive all copies of the results and other information about the competition. These pigeonholes will be located in the competition venue and in the CIBC Pan Am/Parapan Am Athletes' Village

Clothing and Equipment

Clothing and equipment worn or used by athletes and other participants in the TORONTO 2015 Pan Am Games synchronized swimming competitions must comply with FINA and PASO regulations, following the rules established as per the TO2015 brand guidelines.

Medals and Diplomas

Gold, silver and bronze medals will be awarded in each event of the synchronized swimming competition. In accordance with PASO *Regulations*, top-eight diplomas will also be awarded in each event.

Venue

Facilities

The CIBC Pan Am/Parapan Am Aquatics Centre and Field House, located at the University of Toronto, Scarborough campus, is a brand new high-performance facility being built for the TORONTO 2015 Games and will include two internationally sanctioned 10-lane, 50-metre pools (including bulkheads); a 5-metre deep diving tank with 3-metre, 5-metre, 7.5-metre and 10-metre platforms, as well as dryland training facilities. The Field House will feature flexible gymnasium space for training and competition as well as an indoor recreational track and fitness area with cardio and weightlifting facilities.

The field of play for the synchronized swimming competition will contain an entry platform and judging panels on raised platforms, one on either side of the pool. The size of the competition area will be 30 metres x 25 metres, with a depth of 3 metres.

The training pool will be available for training prior to and during competition. This pool will be connected to the competition field of play, making it easily accessible to all synchronized swimming athletes.

The dryland training area will also be nearby and easily accessible from the field of play. The area will have ample space/equipment for individual and team warm-up/stretching.

The competition area and all equipment will be presented in accordance with FINA rules and regulations.

Other facilities at the competition venue will include the following:

- change rooms and showers
- athletes' lounge
- catering services
- vanity room for pre-competition preparation

- athlete preparation area
- a mixed zone and press conference room where accredited media may conduct interviews with athletes post-competition
- a sport information desk
- medical facilities
- a doping control station

Competition and Training Schedule

Competition

The synchronized swimming competition and training for the TORONTO 2015 Pan American Games will take place at the CIBC Pan Am/Parapan Am Aquatics Centre and Field House.

Times	Detail
July 9 – Session 1	
12:00–13:00	Duets technical routine
July 9 – Session 2	
18:00 –19:00	Team technical routine
July 11 – Session 1	
11:00–12:00	Duets free routine
July 11 – Session 2	
15:00–16:00	Team free routine

Training

Assigned training will begin on July 4, 2015.

Technical Meeting

The synchronized swimming technical meeting date, time and location will be confirmed. It may be attended by a maximum of two representatives from each NOC and, if necessary, an interpreter. The technical delegate and synchronized swimming sport manager will preside over the meeting, which will be conducted in English.

Qualification to Rio 2016

The synchronized swimming duet competition at the TORONTO 2015 Pan American Games will serve as a qualifier for the Rio 2016 Olympic Games.



QUALIFICATION SYSTEM

AQUATICS – SYNCHRONIZED SWIMMING

Events
Women (2)
Team
Duet

Quota	Total
Team	8 teams of 9 athletes each
Duet	12 teams of 2 athletes each
Total	80*

Maximum Quota Per NOC Per Event	
Team	1 team (9 athletes)
Duet	1 team (2 athletes)
Total	9*

*According to the quota established by PASO, there will be a maximum of 80 female athletes in the synchronized swimming competitions. Athletes may register for more than one event. Eight teams, with a maximum of nine athletes each (including one reserve), may participate in the team competition.

Twelve teams with a maximum of 24 athletes (no reserves will be allowed), may participate in the duet competition.

As the Host Country, Canada automatically will qualify one team in each event.

Athlete Eligibility

Only NOCs recognized by PASO whose national swimming federations are affiliated with FINA and UANA may enter athletes in the TORONTO 2015 Pan American Games.

Athletes must comply with PASO *Regulations* and FINA rules.

Athletes must be at least 14 years old on December 31, 2015.

Athletes must possess the nationality of their NOCs when they registered. Nationality is determined according to PASO *Regulations*, Section IV, Item 3.

Athletes must have signed and submitted the Athlete Eligibility Condition Form.

Qualification System

Eligible team and duet places will qualify according to UANA-approved procedures as follows:

Quota Per Noc Per Event		
Zone	Team	Duet
1 South American Confederation of Swimming (CONSANAT)	A	A
	B	B
	C	C
		D
		E
Reserves	1	1
	2	2
2 Central American and Caribbean Amateur Swimming Confederation (CCCAN)	A	A
	B	B
	C	C
		D
		E
Reserves	1	1
	2	2
3 (USA)	A	A
4		
Canada	A	A

Confirmation of Quota Places

Once the quota allocation is completed, based on the system described in the table above, the Continental Federation (CF) will notify each National Olympic Committee and National Federation (NF) of the number of quota places they have obtained, by December 1, 2014.

Reallocation of Unused Quota Places

If any qualifying country fails to confirm its participation to the CF by April 20, 2015, alternate NOCs, in qualifying order, will be approached to replace them.

The reallocation process will be completed by April 27, 2015.

Timeline

October 2014	CONSANAT qualifier: 2014 South American Swimming Championships (Mar del Plata, Argentina).
November 14–20, 2014	CCCAN Qualifier: Central American and Caribbean Games (Veracruz, Mexico).
December 1, 2014	CF to confirm to NOCs and NF the places they have qualified.
March 27, 2015	TO2015 entry by number deadline.
April 20, 2015	NOCs to confirm to CF their use of allocated places.
April 27, 2015	End of reallocation.
June 15, 2015	TO2015 entry by name deadline.

Accreditation

Accreditation is the process of identifying individuals and their role(s) at the Pan Am Games, and ensuring they are granted the appropriate access to fulfil their role(s). The role of the NOC is to register, appropriately, every potential athlete, official, dignitary and press person from its territory.

Applications for accreditation must be received by TO2015 no later than March 27, 2015, in order for NOCs to receive the pre-valid cards (PVCs) before the delegations' departure for the Games.

Eligibility Condition Forms

As required by the PASO statute, each athlete and team official must complete an eligibility condition form acknowledging his or her compliance with Games objectives and goals regarding participation in the Games. The form is mandatory and must be signed by participating athletes and officials before their arrival at the Games, in order for their accreditation to be validated.

Pre-valid Cards

By May 30, 2015, and following the data verification and the pre-DRMs, TO2015 will produce and send out PVCs to each NOC. NOCs will be responsible for distributing the PVCs to their delegation members before they travel to Toronto.

The PVC, along with a valid passport, will serve as an official entry document to Canada. Individuals will be able to enter Canada using this process from May 11, 2015 to August 25, 2015, at 11:59 p.m., for a period of stay no longer than six months from first entry. No additional entry visas will be required during this period. The PVC will be valid for multiple entries, provided it is accompanied on each occasion by a valid passport.

Accreditation Card Validation

After the DRM has been completed, eligible delegation members will be able to validate their PVCs, which will provide access to the CIBC Pan Am/Parapan Am Athletes' Village, once the village opens on July 5, 2015. It can also be used to access other official competition and non-competition venues, as determined during the DRM. Only once the PVC is validated does it become an official Pan Am identity and accreditation card (PIAC).

Upon arrival in Toronto, delegation members holding PVCs can have their cards validated (providing the DRM is complete) at one of the accreditation centres, to gain access to Pan Am venues and the CIBC Pan Am Athletes' Village.

The following table lists the level of accreditation services provided at the various venues.

Venue	Location	Population	Services
CIBC Pan Am Athletes' Village (PAV)	Toronto	NOCs	Full service*
CIBC Pan Am Park accreditation centre (PAP)	Toronto	Press, broadcast	Full service*
Games Family hotel (WES)	Toronto	IFs, CFs, NOCs	Full service*
Pearson International Airport (YYZ)	International terminals 1 and 3	All	PVC validation only
Accreditation resolution volunteers	At all competition venues	All	Temporary problem resolution; no reissuing of cards

*Full service: card validation, card production, image capture, problem resolution, reissuing of lost or stolen cards, guest passes, day passes.

Validation counters at Toronto Pearson International Airport (international terminals 1 and 3) only will offer accreditation validation services. There will be no additional accreditation facilities at any other Canadian airport or border crossing.

During the TORONTO 2015 Pan Am Games, the accreditation centre in the CIBC Pan Am Athletes' Village will serve as the primary accreditation location for NOC delegations.

Ticketing and Accredited Seating

Games-time Ticket Sales

During Games time, available tickets can be purchased through the official TORONTO 2015 website, or at any of the locations below:

- CIBC Pan Am Athletes' Village
- Games Family hotel
- Competition venues

Same- and Different-discipline Spectating Athletes

Athletes and officials may access the athletes' stand during their own discipline's competitions without a ticket, upon presentation of their accreditation.

In order to watch competitions at venues in disciplines other than their own, however, athletes and officials will require a ticket.

NOC Services will implement a request process for the order and allocation of complimentary tickets for different discipline athletes and officials, through the NOC Services centre.

Accommodation

The CIBC Pan Am/Parapan Am Athletes' Village will accommodate approximately 7,500 athletes and NOC team officials. TO2015 will also operate four satellite accommodations for the comfort of athletes competing at remote venues, as listed below:

- Shooting and equestrian satellite accommodation (PVN) at Nottawasaga Resort, Alliston, ON
- Canoe/kayak – slalom satellite accommodation (PVM) at Pinestone Resort, Minden, ON
- Rowing, canoe/kayak – sprint satellite accommodation (PVB) at Brock University, St. Catharines, ON
- Mountain bike satellite accommodation (PVH) at Horseshoe Valley Resort, Barrie, ON
- Football satellite accommodation at McMaster University, Hamilton, ON

Across all these accommodations, TO2015 aims to provide a secure, comfortable, home-like environment for athletes and NOC team officials, allowing them to relax, perform at their best and enjoy the unique cultural mosaic of Toronto.

The CIBC Pan Am/Parapan Am Athletes' Village

The CIBC Pan Am/Parapan Am Athletes' Village is located in east downtown Toronto in the Lower Don Lands, adjacent to the Don River. This area of Toronto is currently undergoing extensive regeneration, with many new developments existing harmoniously alongside heritage neighbourhoods and districts.

The Athletes' Village is conveniently located within a few blocks of Toronto city centre and close to public transportation. Following the Games, the Village will be one of the Games' lasting legacies with a mixed-use neighbourhood with affordable housing, new condominiums, a YMCA and a dormitory for George Brown College students.

Key Dates of Operation

Date	Event
July 1–4, 2015	Pre-opening access to CIBC Pan Am/Parapan Am Athletes' Village.
July 5, 2015	Opening of the CIBC Pan Am/Parapan Am Athletes' Village.
July 10, 2015	Opening Ceremony of the TORONTO 2015 Pan Am Games.
July 26, 2015	Closing Ceremony of the TORONTO 2015 Pan Am Games.
July 29, 2015	Closing of the CIBC Pan Am/Parapan Am Athletes' Village.

Site Orientation

The Athletes' Village will consist of three distinct zones: the Village Plaza, residential zone and operations zone. The Village Plaza will contain the retail facilities and ceremonial facilities available to residents and guests, while the residential zone will be a restricted area for residents and guests with an R on their Pan Am accreditation and Identity card (PIAC). The residential zone will contain five accommodation lots, recreation, dining, medical facilities, parklands and transportation links to the competition and training venues.

The operations zone will include the workforce entry, logistics warehouse, facilities services area, the support services operations centre, waste transfer area and NOC container freight storage.

The Welcome Centre will be the entry point for first-time arrivals. The taxi drop-off and pick-up area will be located adjacent to it. The Village Plaza entry point will be located off Trinity Street for dedicated access to the Guest Pass Centre and Village Press Operations Centre.

Residences

Athletes and NOC team officials will be accommodated in newly constructed permanent buildings, ranging in height from nine to 15 storeys. The buildings will contain a combination of apartments for three, four, five, six, nine or 10 beds.

All bedrooms are equipped with furniture to provide a comfortable stay for residents, in accordance with past Games practice. In-suite finishes include coated flooring in bedrooms and social spaces, tiled floors in the bathrooms, and window coverings and shelf space in bedrooms. Corridors within the residential blocks will be carpeted. Public and NOC office spaces will have a combination of carpet and sealed concrete floor finishes.

Social spaces furniture will include tables and comfortable seating as outlined in the table below. All suites will have free Wi-Fi access.

TO2015 is planning for a resident experience that will reflect an average athlete-to-bathroom ratio below 4:1.

Resident Services

There will be five residential blocks with one resident centre in each, located throughout the Athletes' Village. Four resident centres will operate 07:00–23:00 and one will be open 24 hours a day. The resident centres will cater to all the accommodation needs of the NOCs and Village residents. Each resident centre will provide hotel-like front desk service, which will assist with the resolution of issues relating to Village accommodation services.

Main Dining Hall

The main dining hall will be located adjacent to the Canary Building in the residential zone and will operate on a 24-hour basis. A diverse range of ethnic and cultural food options will be available. Menus are being developed in consultation with caterers and sport nutritionists and will be published in early 2015. Additional dining options will include a Village Plaza café and grab-and-go items, refreshments and various cuisines that will reflect some of the diverse neighborhoods of Toronto.

Athlete Venue Meals

Athlete venue meals (AVMs) will be available for athletes and officials who will be away from the Village for competition and training for more than five hours. AVMs must be ordered from the catering desk 48 hours in advance. The meals will be prepared at the venue for collection from the athlete lounge. AVMs will be available from July 1 to 26, 2015.

NOC Services Centre

The NOC Services Centre will be located in the Athletes' Village residential zone, situated centrally to facilitate communication and coordinate issue resolution between TO2015 and the NOCs. Services available at the front desk will include mail distribution, reservation of bookable meeting rooms, and distribution of participation certificates and medal boxes. Arrivals and departures, transport, logistics and rate card will also have desks in the NOC Services Centre.

Resident Entertainment and Recreation

An athlete lounge, DVD lounge, Internet café and Games room will be available to Village residents.

Fitness Centre

The Athletes' Village will feature recreational sports facilities for general use. The Village recreational fitness facilities will include playing fields (general grass areas), an internal running track and an indoor pool, designed to suit general fitness activities. In addition, the Village will have a gymnasium with a large selection of cardiovascular equipment and free weights, and space for stretching and warming up and cooling down.

There will also be plenty of safe places for running within the Village, including an 18-acre park with paved trails, located east of the accommodation blocks and within the security perimeter. The Fitness Centre will operate 24 hours a day, but will only be supervised between 06:00 and 22:00, except when temporarily closed for cleaning or maintenance.

Village Plaza

The Village Plaza will be comprised of a number of retail outlets and services. TO2015 will design this area as a significant focal point of the Village to attract both residents and visitors alike. The Plaza will act as an interface with athletes, guests and media, enabling this interaction without needing to enter the residential zone. The Plaza will include a user-pay café, which can also act as a casual meeting place. All team Welcome Ceremonies will take place in the Village Plaza.

Medical Services

Services during the TORONTO 2015 Pan Am Games will be provided at all competition and training venues, and non-competition venues such as the CIBC Pan Am Athletes' Village, the Satellite Accommodations, the Games Family Hotel and the International Broadcast Centre/Main Press Centre.

The TO2015 medical team will cater to the needs of all accredited athletes, coaches and officials for new and exacerbated medical conditions requiring diagnosis and treatment.

Polyclinic

Polyclinic services will be located in the Residential Zone of the Village and will be open between July 1 to 29, 2015 from 07:00 to 23:00. Emergency medical services will be available 24 hours per day.

The following services will be available at the Village Polyclinic:

- General medical practice
- Sports medicine and Rehabilitation
- Diagnostic Imaging
- Laboratory
- Pharmacy
- Specialty Services

Satellite Accommodations

The satellite villages will have a medical clinic in the accommodations building to service family practice, sport medicine and rehabilitation needs from 07:00 to 23:00. Within the local communities, there will be access arranged for initial diagnostic and laboratory testing covered under the medical insurance plan. Emergency services will be available in satellite accommodation medical clinics 24 hours a day and transported as needed to the local community hospitals for in-patient emergency care or specialist.

Venue Medical Services

Medical facilities will be provided at competition, training and other official venues. Athlete and spectator services will be stocked with appropriate equipment, supplies and medication and will be staffed by experienced medical personnel. Ambulances, staffed by paramedics will be stationed at competition and some non-competition venues.

Competition and training venues

Emergency services and sports medicine for ill and injured athletes and team officials will be available at each competition and training venue. These services will be provided by physicians and therapists and will be available for 2 hours before competition and for 1 hour post competition.

Field-of-play response

Athletes injured on the field of play during competition or training will be evaluated on-site. If necessary, they will be evacuated from the field of play and transported to the athlete medical room, polyclinic or hospital as appropriate. Field-of-play response will abide by the International Federation rules.

Transportation

Transportation System for Athletes and Team Officials

The TA bus system will provide the following transportation services for accredited athletes and team officials, including their accompanying baggage and sport equipment:

- Arrival and departure services between Toronto Pearson International Airport (YYZ) and TORONTO 2015 accommodation sites.
- Training and competition services between TORONTO 2015 official accommodation sites and official competition and training venues.
- Ceremonies services.
- Connectivity between the CIBC Pan Am/Parapan Am Athletes' Village and satellite accommodation locations.

Training and Competition Venue Services

Athlete and team official training and competition transportation services are being planned and developed in consultation with the Continental Federations (CFs)/International Federations (IFs). Service timings are planned to enable:

- Arrivals at the venue for warm-up and preparation pre-session.
- Transfers to and from venue and Village Plaza during the session time.
- Departures immediately after the session.
- Departures after the session following cool-down.
- Other requirements such as doping control procedures.

Athlete transport mall to competition venues

Competition venue transportation services will depart the CIBC Pan Am/Parapan Am Athletes' Village from the transport mall with a 30-minute frequency in order for athletes to be at the venue two hours prior to the competition start time, with the last vehicle leaving the venue two hours after competition.

Athlete transport mall to training venues

Regular transportation services will be scheduled with a 60-minute frequency to transfer athletes to designated training venues. Leaving the CIBC Pan Am/Parapan Am Athletes' Village from the transport mall, the service will enable athletes and team officials to be at the venue one hour prior to training and leave up to one hour after training.

The service will begin in accordance with the training schedule, to a maximum of five days prior to the first day of competition, and will continue until the closing day of each sport's individual training session.

Team Sport Vehicles

Each team will be allocated one team bus with driver(s) to operate on a pre-arranged schedule for use during the training and competition period and cease upon return to the CIBC Pan Am/Parapan Am Athletes' Village after the team's final competition. Team sports for which a bus will be provided include baseball, basketball, field hockey, football, handball, rugby sevens, softball, volleyball and water polo.

These buses will be available to support training and competition movements only. Team buses will be equipped with a vehicle access and parking permit (VAPP), which will allow access to the CIBC Pan Am/Parapan Am Athletes' Village and the respective sport training and competition venues as well as the GRN. Teams will first meet their bus in the athlete transport mall. Bus services will be arranged through the team's host, and all schedule changes must be communicated to the transport desk in the NOC Services Centre by 16:00 for the following day's requirements.

CIBC Pan Am/Parapan Am Athletes' Village Connection with Satellite Accommodations

A transportation service will connect the CIBC Pan Am/Parapan Am Athletes' Village with each of the four satellite accommodations. This will allow athletes and team officials to travel between the Village and satellite accommodations to connect to services departing from the athlete transport mall at the Village. The service will operate from the opening day of each satellite accommodation to July 26, 2015.

NOC-dedicated Vehicles

Each NOC will be provided with a number of dedicated vehicles based on its delegation size (Aa, Ac, Ao). The number of dedicated vehicles allocated to each NOC will be confirmed at the delegation registration meeting (DRM).

The seven-seat, multi-passenger vehicle (Chevrolet Traverse) will include a fuel card, automobile insurance, driver handbook including venue route maps and vehicle access and parking permits (VAPP).

Public Transportation

All Games accredited clients with a "T" privilege, will be entitled to travel free of charge when wearing their accreditation on the following modes of public transportation within the Greater Toronto Area during the Games.

- Toronto subway system (TTC)
- Toronto GO Train
- Bus and streetcar (TTC)
- Toronto Pearson International Airport – Union Station Rail Link

TORONTO 2015 Pan Am Games - Venues & Zones

CIBC Pan Am Park Zone

- EPS** Exhibition Stadium
- EXC** Exhibition Centre
- OPW** Ontario Place West Channel
- PBV** Chevrolet Beach Volleyball Centre
- TCO** Toronto Coliseum
- MMC** Main Media Centre

Downtown Zone

- PAF** Pan Am/Parapan Am Fields
- RCY** Royal Canadian Yacht Club
- RYA** Ryerson Athletic Centre
- VAR** Varsity Stadium
- MTC** Metro Toronto Convention Centre
- PAD** Pan Am Ceremonies Venue
- PAV** CIBC Pan Am/Parapan Am Athletes' Village
- WES** Pan Am Games Family Hotel

East Zone

- AJX** President's Choice Ajax Pan Am Ballpark
- ANG** Angus Glen Golf Club
- MAR** Atos Markham Pan Am/Parapan Am Centre
- OBX** Oshawa Sports Centre
- PAC** CIBC Pan Am/Parapan Am Aquatics Centre and Field House

North Zone

- CCE** Pan Am Cross-Country Centre
- CEP** Caledon Pan Am Equestrian Park
- HRD** Hardwood Mountain Bike Park
- MWW** Minden Wild Water Preserve
- TTS** Pan Am Shooting Centre
- YOR CTC** CIBC Pan Am/Parapan Am Athletics Stadium & Canadian Tennis Centre
- PVH** Mountain Bike Satellite Accommodation
- PVM** Canoe/Kayak – Slalom Satellite Accommodation
- PVN** Shooting & Equestrian Satellite Accommodation

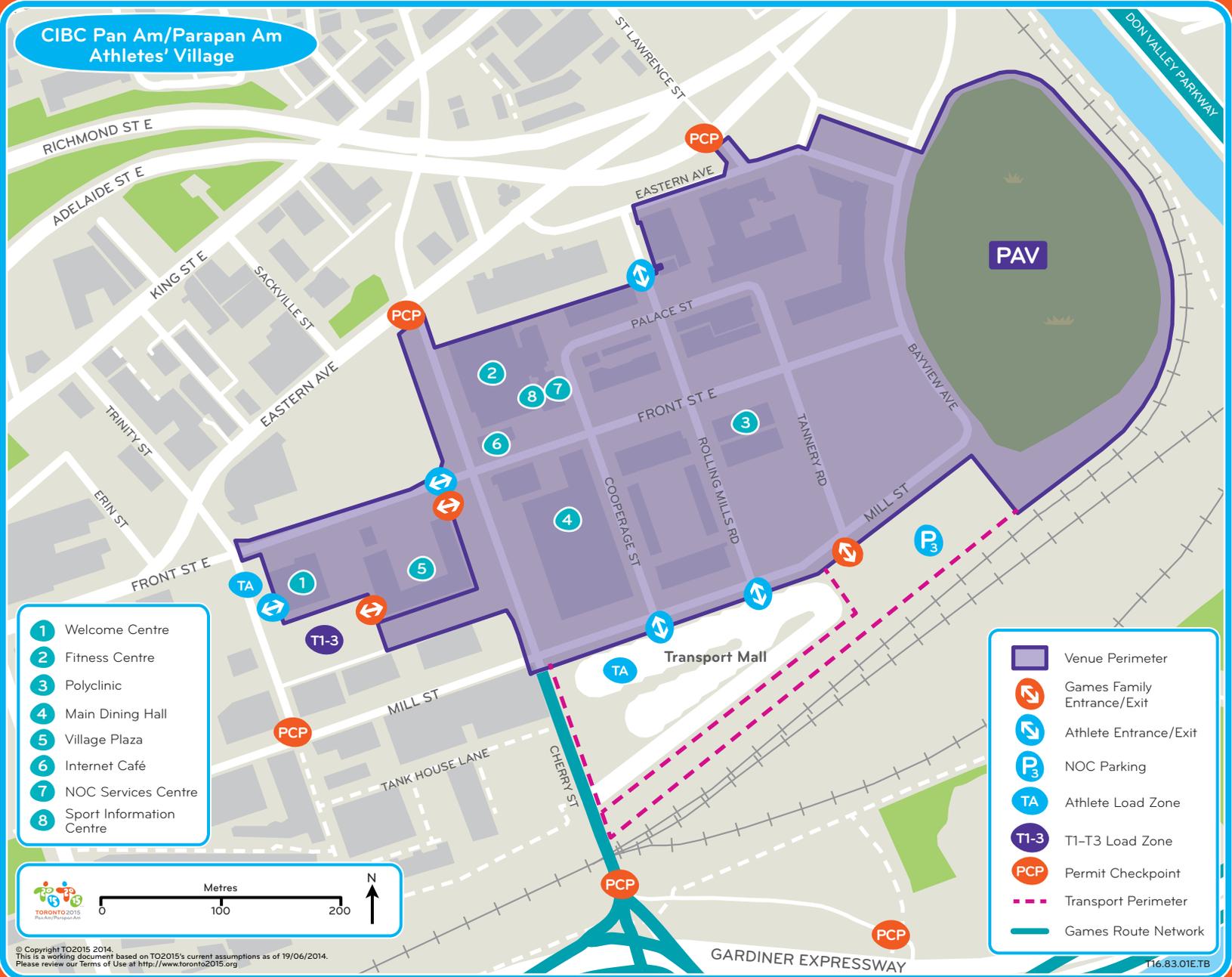
West Zone

- CEB PLB** Centennial Park Pan Am BMX Centre & Pan Am Bowling Centre
- HAM** CIBC Hamilton Pan Am Soccer Stadium
- HEN** Royal Canadian Henley Rowing Course
- MIS** Mississauga Sports Centre
- MIV** Cisco Milton Pan Am/Parapan Am Velodrome
- WFC** Welland Pan Am Flatwater Centre
- PVB** Rowing & Canoe/Kayak – Sprint Satellite Accommodation
- PVF** Football Satellite Accommodation
- YYZ** Toronto Pearson International Airport



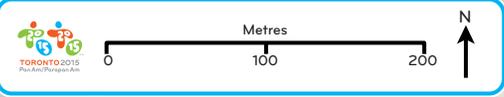
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CIBC Pan Am/Parapan Am Athletes' Village



- 1 Welcome Centre
- 2 Fitness Centre
- 3 Polyclinic
- 4 Main Dining Hall
- 5 Village Plaza
- 6 Internet Café
- 7 NOC Services Centre
- 8 Sport Information Centre

- Venue Perimeter
- Games Family Entrance/Exit
- Athlete Entrance/Exit
- NOC Parking
- Athlete Load Zone
- T1-T3 Load Zone
- Permit Checkpoint
- Transport Perimeter
- Games Route Network



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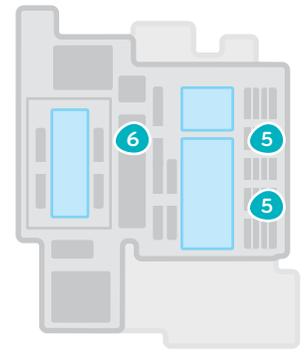
CIBC Pan Am/Parapan Am
Aquatics Centre and Field House
Aquatics – Synchronised Swimming



Lower Floor

Ground Floor

Second Floor



PAC

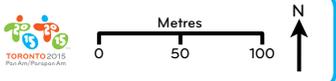
PCP

TA

TM

T1-3

PCP



- 1 Athlete Lounge
- 2 Athlete Changing Rooms
- 3 Athlete Medical
- 4 Mixed Zone
- 5 Spectator Seating
- 6 Games Family Lounge

- Competition Venue
- Spectator Entrance/Exit
- Games Family Entrance/Exit
- Athlete Entrance/Exit
- Athlete Load Zone
- T1-T3 Load Zone
- Media Load Zone
- Permit Checkpoint
- Games Route Network

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Thank You

The TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015) would like to thank its partners for their support.



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