

ACT TRIPLE SWIM MEET

GINNINDERRA MARLINS v TUGGERANONG VIKINGS v MOLONGOLO WATER DRAGONS

Sanction Number ACT03

NON-BPS MEET OPEN TO NON AUSSI MEMBERS

- DATE** SUNDAY 25 March 2012
- VENUE** CISAC Pool – Indoor 50m Pool
Corner Eastern Valley Way and College Street, Bruce
- START** 3pm warm-up for **3.30 start**
The warm-up will be conducted in accordance with the National Safety procedures.
- ENTRY FEE** \$5 ON DAY PLUS POOL ENTRY of \$3.50 (YOU MUST SAY you are in the masters competition)
- ENTRIES** CLOSE 11pm WEDNESDAY 21st March

PLEASE SUBMIT on ENTRY FORMS at CLUB TRAINING SESSION or email your NAME, SEX, AGE @ 31/12/2012, EVENTS and the TIMES YOU NOMINATE to swim in each individual event to gstutsel@bigpond.net.au

PROGRAM

1. 200 m CHOICE of STROKE (nominate your stroke, including Individual Medley) **only one swim allowed for 200m.**
2. 100 m CHOICE of STROKE (nominate your stroke) **only one swim allowed for 100m – no Medley**
3. 50 m BACKSTROKE
4. 50 m BREASTSTROKE
5. 50 m BUTTERFLY
6. 50 m FREESTYLE
7. 4x50 m FREESTYLE RELAY (womens, mens and mixed [2 women plus 2 men] teams).
Swimmers may swim in ONLY one relay team

SWIMMERS MAY ENTER
A MAXIMUM OF 3 INDIVIDUAL SWIMS PLUS ONE RELAY TEAM.

HELP NEEDED WITH TIMEKEEPING - PLEASE BRING STOPWATCHES.

ENQUIRIES: Gary Stutsel 6247 1886
gstutsel@bigpond.net.au
or your club coach

