Ettalong Pelicans

ETTALONG PELICANS MASTERS SWIMMING

AUSSI MASTERS SWIMMING New South Wales

NSW BRANCH POINT SCORE MEET

(FOR MASTERS SWIMMING MEMBERS ONLY) SANCTION NUMBER N2012/05ET

DATE **SATURDAY 5TH MAY 2012**

VENUE: PENINSULA LEISURE CENTRE, BLACKWALL ROAD, WOY WOY
SWIMMING 8 LANES OF **SURVEY REGISTERED 25METRES** IN 50METRE INDOOR POOL WITH ANTI-WAVE ROPES. LARGE GRANDSTAND, KIOSK WITH COFFEE, SNACKS ETC TO 4PM AND DRINKS MACHINE
TOP QUALITY FACILITIES INCLUDE LARGE PLAY POOL FOR CHILDREN

START: **11:00 AM**
WARM UP: 10.30AM IN ACCORDANCE WITH NATIONAL SAFETY POLICY.
SEPARATE WARM UP/SWIM DOWN FACILITIES ALL MEET.
ENTRY: **$16.00** CHEQUES TO "*ETTALONG PELICANS MASTERS SWIMMING CLUB*".
POOL ENTRY $3.90 - EVERYONE AT ENTRY POINT.

CLOSING DATE: **FOR ALL ENTRIES FRIDAY 20TH APRIL**
CHEQUES TO P.O. BOX 3071 UMINA 2257
OR C/WEALTH BANK BSB 062 612, A/C 10053560

ENTRIES: TO BE SUBMITTED TO YOUR RACE SECRETARY. RACE SECRETARIES TO SUBMIT CLUB ENTRIES MANUALLY ON OFFICIAL SUMMARY SHEET, OR PREFERABLY BY PRINTOUT OF THE ENTRY REPORT FROM 'TEAM MANAGER', TOGETHER WITH PAYMENT, TO BE RECEIVED BY THE CLOSING DATE. IF 'TEAM MANAGER' IS USED, AN EXPORT FILE OF THE ENTRIES SHOULD BE SENT ELECTRONICALLY TO THE MEET RECORDER ON colleengarland@yahoo.com NO LATE OR NON-POINT SCORING ENTRIES.
MASTERS SWIMMING NSW SUNSMART & NO SMOKING POLICIES WILL APPLY AT THIS MEET

PROGRAM

1. **200METRES CHOICE** A) FREESTYLE OR B) INDIVIDUAL MEDLEY OR C) BUTTERFLY OR D) BACKSTROKE OR E) BREASTSTROKE
2. **50 M BACKSTROKE**
3. **50 M BREASTSTROKE**
4. **100 M FREESTYLE**) CHOOSE TWO ONLY OF ALL 100M EVENTS 4,9,10 & 11.
5. **25 M BUTTERFLY**
6. **50 M FREESTYLE**
7. **50 M BUTTERFLY**
8. **4X50 M FREESTYLE RELAY** (WOMEN'S, MEN'S OR MIXED)
9. **100 M BACKSTROKE**) CHOOSE TWO ONLY
10. **100 M BREASTSTROKE**) 100M EVENTS
11. **100 M INDIVIDUAL MEDLEY**) 4,9,10 & 11.

SWIMMERS ARE RESTRICTED TO A MAXIMUM OF **4** INDIVIDUAL SWIMS WITH A MAXIMUM 2 OF THE 100 METRES EVENTS PLUS ONE RELAY.

AWARDS: CLUB TROPHY TO THE WINNING CLUB.

PRESENTATION: AT CONCLUSION OF MEET. FREE BBQ FOOD AT THIS TIME. DRINKS AVAILABLE.

HELP NEEDED WITH TIMEKEEPING: PLEASE BRING STOPWATCHES & PREPARE A ROSTER.
SWIMMING 8 LANES MEANS EXTRA DEMAND FOR TIMEKEEPERS.

ENQUIRIES **COLLEEN GARLAND** PH 4341 8756 colleengarland@yahoo.com
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