

HILLS AUSSI MASTERS SWIMMING



Galston Aquatic Centre
412 Galston Rd, Galston
(recently revamped centre)

Sunday, November 4

2012

Sanction no: N2012/11HL

Long Distance Meet

Surveyed 25m indoor heated pool



Programme

Start – **10:30am** Warm-Up - 10.00 am

1. 800m Choice of Stroke
2. 1500m Choice of Stroke
3. 400m Choice of Stroke

For entry purposes, events will be listed:

- (a) Butterfly
- (b) Backstroke
- (c) Breaststroke
- (d) Freestyle
- (e) Individual Medley (400m & 800m)

Warm up & swim down will be conducted in accordance with National safety procedures. One lane will be provided for warm-up and swim down throughout the meet. Competition will be in five lanes.

Masters Swimming NSW Smoke Free” and “Sun Smart” policies will apply at this meet

Assistance with timekeeping will be ‘expected’ of every swimmer. Clubs are requested to prepare a roster.

Enquiries to:

Mark Hepple phone 0418 299 325
email recorder@mastersswimmingnsw.org.au

Entries

Entry fee **\$15** plus pool entry \$5.80
seniors \$3.20
students \$3.80
spectators \$2.60

Closing date - October 19

All entries are to be submitted through your club’s Race Secretary.

Maximum of 2 events.
Masters Swimming members only.

Race Secretaries to submit club entries preferably by printout of the entry report from “Team Manager”, OR manually on the official summary sheet, accompanied by full payment, to be received by the closing date October 19, 2012.

If Team Manager is used, an export file of entries should be sent electronically to the Meet Recorder at: recorder@mastersswimmingnsw.org.au

Mailing address for manual entries and/or cheques:
PO Box 745, Forster NSW 2428

Cheques to be made payable to:
“Hills AUSSI Masters”

Direct Deposit to:
BSB 814-282, A/C 10237334
(with reference: < club code > LDmeet12)

Feasting in the Hills

Fab food will be available for sale during the meet so that you can refuel after your swim. FREE tea, coffee and cakes will also be available. See you there!