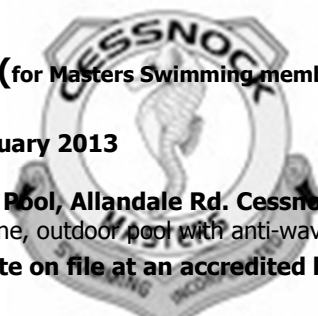


CESSNOCK MASTERS



NSW Branch Point Score Carnival (for Masters Swimming members only) Sanction No.N2013/2NCK

- When:** Saturday 23rd February 2013
- Where:** Cessnock Swimming Pool, Allandale Rd. Cessnock.
This is a 50 metre, 6-lane, outdoor pool with anti-wave lane ropes. 5 lanes used for competition.
Pool survey certificate on file at an accredited length 50m.
- Start:** 8am sharp Warm Up 7.30am.
(Warm up to be conducted in accordance with **Masters Swimming Australia Safety Procedures**). One lane will be made available throughout carnival for swim down.
- Entries:** \$18 per person, (Fee can be made electronically to Cessnock Masters Swimming Inc
Bank Account BSB 637000 Account No 780101857 requires club code
or by a cheque made payable to Cessnock Masters Swimming Inc.
Pool entry \$4.00 to be paid on the day.
Swimmers are permitted 3 individual swims plus relay
****To compete in a relay, a swimmer must enter at least one individual event****
- Entry Details** Entries to be submitted to your Race Secretary. Race Secretary to submit club entries on the official summary sheet or preferably by printout of the entry report from 'Team Lite' together with payment to be received by **closing date. If 'Team Lite' is used, an export file of entries should be sent electronically to Email: ali_corp99@hotmail.com**
- Closing Date:** **Friday 8th February 2013. (NO LATE OR NON POINT SCORING ENTRIES)**
Free BBQ and presentation will be held at the pool immediately after the carnival. **For catering purposes please indicate numbers staying on your club summary sheet.**
- All entries to:** The Secretary PO Box 789 Cessnock 2325.
Enquiries: Phil Murray 02 4991 3363

Programme of Events

Event	1a	1500m Freestyle
	1b	800m Freestyle
	1c	400m Freestyle
	1d	200m Freestyle
	2	100m Freestyle
	3	100m Breaststroke
	4	100m Butterfly
	5	100m Backstroke
	6	4x50 Freestyle Relay (Mixed,Women,Men)
	7	50m Backstroke
	8	50m Freestyle
	9	50m Breaststroke
	10	50m Fly



Limit of 1 swim in event 1
Swimmers in 1a, 1b, 1c may need to swim 2 to a lane in separate gender heats
****Swimmers wishing to be recorded as swimming a form stroke in a Freestyle event must notify the stroke with their entry****

Timekeepers: Visiting clubs are asked to bring stopwatches to assist with timekeeping please
Masters Swimming Australia competition rules current at **23rd February 2013** apply.
Masters Swimming NSW SunSmart and No Smoking policy will apply at this meet.

