

Ettalong Pelicans



# ETTALONG PELICANS MASTERS SWIMMING

NSW BRANCH POINT SCORE MEET



(FOR MASTERS SWIMMING MEMBERS ONLY)

SANCTION NUMBER N2013/5NET

**DATE SATURDAY 11TH MAY 2013**

**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 \$4.00 - EVERYONE AT ENTRY POINT.

**CLOSING DATE: FOR ALL ENTRIES FRIDAY 26<sup>TH</sup> 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](mailto: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. **25M FREESTYLE**
3. **50 M BACKSTROKE**
4. **50 M BREASTSTROKE**
5. **100 M FREESTYLE** ) CHOOSE ONE ONLY OF ALL 100M EVENTS 5, 10, 11 & 12.
6. **25 M BUTTERFLY**
7. **50 M FREESTYLE**
8. **50 M BUTTERFLY**
9. **4 x 50M FREESTYLE RELAY** (WOMEN'S, MEN'S OR MIXED)
10. **100 M BACKSTROKE**
11. **100 M BREASTSTROKE**
12. **100M INDIVIDUAL MEDLEY**

SWIMMERS ARE RESTRICTED TO A MAXIMUM OF **4** INDIVIDUAL SWIMS PLUS ONE  
RELAY.

**AWARDS:** CLUB AWARD 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](mailto:colleengarland@yahoo.com)  
**GORDON FERGUSON** PH 4369 3194 [gfaf7@bigpond.com](mailto:gfaf7@bigpond.com)