



Sanction N2012/09SP

NSW Branch Point Score Meet

When: Sunday, 5th August 2012

Warm-up 12.00 pm (to be conducted in accordance with recommended safety procedures)
Start 12.30pm sharp

Where: Knox Grammar School,
7 Woodville Avenue
Wahroonga

8 lane, 25m Indoor Pool

with anti-wave lane ropes (other end of competition pool for warm up/swim down)
This is a surveyed pool.

Entries: \$22 (includes pool entry) - no spectator fee applies

Maximum of three (3) individual events and 1 relay per swimmer plus handicap relay (event 8)
No non-pointsoring entries will be accepted

Closing date: Friday, 20th July 2012

Program:

Event 1 400m Freestyle (may be swum 2 swimmers of the same gender per lane depending on entries)

Event 2 200m choice of stroke (one swim only)

(a) I.M (b) Freestyle

Swimmers wishing to swim formstroke in freestyle must nominate the stroke with entry

Event 3 50m Butterfly

Event 4 50m Backstroke

Event 5 50m Breaststroke

Event 6 50m Freestyle

Event 7 100m choice of stroke (one swim only)

(a) Butterfly (c) Breaststroke

(b) Backstroke (d) Freestyle

(e) Individual Medley

Event 8 8x50m Freestyle Relay

Please see below for Handicap Rules

Event 9 4x50m Medley Relay

(a) Mens

(b) Womens

(c) Mixed

Handicap

For every woman in the relay, the team gets to start 2 seconds earlier, for every 10 years above 240 years, the team gets to start 1 second earlier.

Rules:

Awards:

Award to the top scoring visiting club

Timekeeping:

Assistance with time keeping and the provision of stopwatches from visiting clubs would be appreciated.

Entries to:

Seaside Pirates Inc.
11 Tomah Place
Westleigh 2120

Enquiries to:

Jane Noake
jnoake@ozemail.com.au
Ph: 0412388506

- Cheques made payable to "Seaside Pirates Inc"
- 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 entries should be sent electronically to the Meet Recorder on recorder@mastersswimmingnsw.org.au