



Warm-up: 10:00am

Start: 10:30am

1. 200m freestyle (can nominate a formstroke)
2. 100m butterfly
3. 100m backstroke
4. 100m breaststroke
5. 100m freestyle
6. 50m choice of stroke (closest to nominated time)
7. 100m kick with board and fins
8. 4 x 50m formstroke relay
2xBackstroke + 2xBreaststroke - any order

Ev. 6 nominate your stroke and time on entry



Christmas at Cabarita pool

Sunday 11th December 10am—12noon

Cost: \$20 per swimmer

Entries close noon Friday 2nd December



A Christmas social swim to enjoy the fitness, friendship and fun factors of our sport, enjoy time around the pool then a picnic in the park. This is your chance to log a Top Ten Time.

Individual Online Entries

- Swimmers individually lodge their entries electronically through the SportsTG system, and pay by credit card or PayPal.
- Swimmers' ages will be calculated as at 31 December 2022.

Warm-up facilities

- Warm-up and swim-down lane will be available throughout the meet.
- Number of swimmers in warm up lanes may be limited due to COVID guidelines.

The Relay

- To be eligible to swim in the relay, a swimmer must have **entered** at least one individual event. No club allegiance required!

Rules

This competition will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date for entries.

Timekeeping

- Swimmers are requested to bring stopwatches as all swimmers need to assist with timekeeping.

There will be no marshalling, swimmers are expected to be behind their block prior to their swim

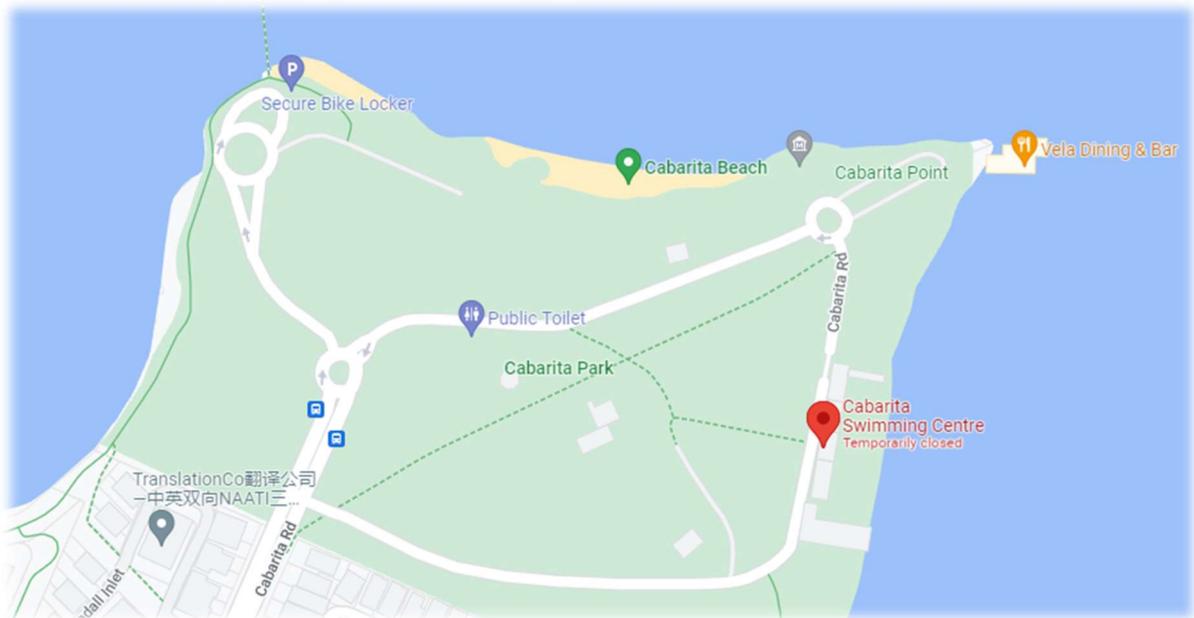
Cabarita Swimming Centre

Cabarita Park, Cabarita Rd, Concord NSW 2137



Time to relax and reflect on the year of swims we enjoyed.

**Following the swim, stay and enjoy a picnic in the beautiful park surrounds.
BYO chair | rug | food | drink.**



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