



## **NSW Branch Point Score Carnival**

Sanction No. 2026005

**Saturday 21st March 2026**

Cessnock Swimming Pool, Allandale Rd. Cessnock

50m, 6-lane, outdoor pool with anti-wave lane ropes  
5 lanes used for competition.

This pool has a current survey, State and National records can be set.

**Start: 8am sharp.**

Warm up 7.30am

### **Program of Events**

- |          |                   |           |  |
|----------|-------------------|-----------|--|
| <b>1</b> | 1500m Freestyle   | <b>8</b>  | 100m Backstroke                                    |
| <b>2</b> | 800m Freestyle    | <b>9</b>  | 4x50m Freestyle Relay <i>(Mixed/Women's/Men's)</i> |
| <b>3</b> | 400m Freestyle    | <b>10</b> | 50m Breaststroke                                   |
| <b>4</b> | 200m Ind. Medley  | <b>11</b> | 50m Butterfly                                      |
| <b>5</b> | 100m Freestyle    | <b>12</b> | 50m Backstroke                                     |
| <b>6</b> | 100m Breaststroke | <b>13</b> | 50m Freestyle                                      |
| <b>7</b> | 100m Butterfly    |           |  |

### **Entries**

**Entry fee:** \$27.00 nomination fee (Inc. transaction fee) + pool entry on the day

Closing Date: Friday 13<sup>th</sup> March at 12 Noon

- Open for Master's Swimming members only
- Swimmers are permitted four (4) individual swims only, plus 1 relay.
- **Limit of one long distance swim in events 1 to 3- one 1500m swim OR one 800m swim OR one 400m swim.**
- Swimmers in events 1 to 3 may need to swim 2 to a lane in separate gender heats
- Swimmers wishing to swim a form stroke in a freestyle event, for record or Top Ten purposes, must nominate the stroke with their entry
- To compete in a relay, a swimmer must enter at least one individual event.
- No late entries or non-point scoring entries

Entries must be submitted individually, and payment made through the online meet entry system by the closing date. This can be accessed from the meet details page on the MSNSW website.

All enquiries to: Trish Lennard 0417 019 832 Email [Cessnockmastersswimming@outlook.com](mailto:Cessnockmastersswimming@outlook.com)

Assistance from other clubs with timekeeping and stopwatches will be appreciated.

- The Swimming Rules of master's Swimming Australia in force at the closing date for entries will apply
- **MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply.**

**President**  
Jeremy O'Brien

**Vice President**  
Georgia Lee

**Secretary**  
Trish Lennard

Email: [Cessnockmastersswimming@outlook.com](mailto:Cessnockmastersswimming@outlook.com)