

PELICANS MASTERS SWIMMING NSW IPS MEET



FOR MASTERS SWIMMING MEMBERS ONLY
SANCTION NO: 2026006

SATURDAY 23 MAY, 2026

Peninsula Leisure Centre, Blackwall Road, Woy Woy
8 lane indoor pool with anti-wave ropes.

This pool has a current survey, and AOE touchpads will be used -
World, National & Branch Records can be set

START: 10:30 am WARM UP: 10:00 am
separate warm up / warm down facilities all meet

ENTRY FEE: \$30.00 (incl. transaction fees & pool entry)
entry point side door under grandstand

CLOSING DATE: Friday May 15 2026 at 12 noon.
NO LATE ENTRIES

ENTRIES to be submitted through Swim Central by the closing
time / date. Online entries can be accessed from the meet details
on the MSNSW website www.mastersswimmingnsw.org.au

MSNSW SUNSMART, NO SMOKING & MSA Warm-up
Safety Policies apply including wearing of watches & jewellery
Swimming Rules of Masters Swimming Australia
in force at the closing date for entries will apply

Bring Stopwatches & Clubs to prepare a roster – 8 lanes in use
ALL SWIMMERS expected to assist with timekeeping
NO MARSHALLING - report to Check Starter for heat
Backstroke wedges will be available

ENQUIRIES: Lauren Bradley, lozinger22@hotmail.com

PROGRAM

1. 25m Freestyle
2. 25m Breaststroke
3. 25m Backstroke
4. 25m Butterfly
5. 200m Individual Medley #
6. 200m Freestyle #*
7. 50m Backstroke
8. 50m Breaststroke
9. 50m Freestyle
10. 50m Butterfly
11. 4x50m Freestyle Relay
Women / Men / Mixed
12. 100m Butterfly #
13. 100m Backstroke #
14. 100m Breaststroke #
15. 100m Freestyle #

Swimmers are restricted to a maximum
of 4 individual swims plus one relay.

**NOTE: # ONLY ONE 200m and ONE 100m
swim per individual swimmer**

* Swimmers wishing to swim a form stroke
must nominate the stroke with their entry