



MYALL MASTERS SWIMMING CLUB NSW BRANCH POINTSCORE MEET

Sanction No: N2019/02B

Saturday, 9th February, 2019

Tea Gardens Swimming Pool, Marine Drive, TEA GARDENS (near bridge)

25 m outdoor solar heated, non-surveyed pool, anti-wave ropes, 5 lanes used for events, 1 lane for warm ups.

No grandstand seating or shade so please bring chairs and sun shelter.

Warm-up: 10.30am Start: 11:00am

PROGRAM

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|----------------------|---|
| 1. 200m Freestyle | 10. 100m Individual Medley |
| 2. 25m Backstroke | 11. 4x50m Freestyle Relay (<i>Men's/Women's/Mixed</i>) |
| 3. 25m Breaststroke | |
| 4. 25m Butterfly | 12. 8x50m City v Country Shootout
(<i>Teams to be announced on the day - Bragging rights!</i>) |
| 5. 25m Freestyle | |
| 6. 100m Backstroke | 13. 50m Backstroke |
| 7. 100m Breaststroke | 14. 50m Breaststroke |
| 8. 100m Butterfly | 15. 50m Butterfly |
| 9. 100m Freestyle | 16. 50m Freestyle |

ENTRIES

COST: \$22 (includes pool entry).

CLOSING DATE: Midday on Friday 1st February, 2019

For Masters Swimming members only

Swimmers are permitted four individual events plus one relay

Swimmers wishing to swim a form stroke in Event 1, for Top Ten purposes, must nominate the stroke with their entry.

No late entries

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

ENQUIRIES: Brad Jensen – 0447492766, jensen.005@hotmail.com

Leon Bobako - 0438337349, leonbobako@gmail.com

The Swimming Rules of Masters Swimming Australia in force at the closing date for entries will apply

MSNSW **Sun Smart Sport & No Smoking** policies and **MSA Warm-Up Safety** policy will apply at this meet.

Assistance from other clubs will be required with timekeeping, please bring stop watches.

A BBQ will be served after the meet while results are announced.