



# Hills BPS Meet

Sunday, 24 November 2019  
Galston Aquatic Centre  
412 Galston Rd, Galston



Sanction no: N2019/08L

surveyed 25m indoor pool - Branch & National records can be set

## Programme

Warm-Up - 11.30am Start - **12:15pm**

**400m Choice of stroke** (1 swim only)

1. Individual Medley
2. Breaststroke
3. Backstroke
4. Butterfly
5. Freestyle

6. 25m Butterfly

7. 25m Backstroke

**100m Choice of Stroke** (2 swims only)

8. Individual Medley
9. Breaststroke
10. Backstroke
11. Butterfly
12. Freestyle

13. 25m Breaststroke

14. 25m Freestyle

15. 4x50m Medley Relay

(Women's/Men's/Mixed)

Competition will be in five lanes. One lane will be provided for warm-up and swim down throughout the meet.

MSNSW SunSmart and No Smoking policies and MSA Warm Up Safety policy will apply at this meet.

## Entries

Entry fee **\$20** plus pool entry \$6.00  
seniors \$3.30  
spectators \$2.80

**Closing date – noon, 15 November**

Maximum of 3 individual events and one relay per swimmer.

Masters Swimming members only.

No “non-pointsoring” entries.

Entries must be submitted individually and payment made through the online meet entry system, which can be accessed from the MSNSW website at

<https://mastersswimmingnsw.org.au>

Enquiries to Mark Hepple:

0418 299 325 or

[recorder@mastersswimmingnsw.org.au](mailto:recorder@mastersswimmingnsw.org.au)

Complimentary tea, coffee & cordial, with biscuits & cakes will be served throughout the day.

After the meet, you are invited to join us for a Bistro style meal at Glenorie RSL Club.

*You may choose your meal and pay at the club.*

Hills members look forward to welcoming all masters swimmers and their guests to our meet. We offer Fun, Fitness, Friendship, Feasting and Fabulous raffle prizes.

## Awards

Trophies will be awarded to the visiting club with the highest total point score, and the highest average point score.

Thanks to our sponsors:

