



Masters Swimming NSW

Back to the Future 2020.6

Sanction # N2020

Ku-ring-gai Aquatic Centre

Prince of Wales Drive, West Pymble

6th December, 2020

Long Course - 50m

| Sunday 6th December Warm-up: 5:00pm Start: 5:30pm | COVID-19 compliance requirements Sanitiser will be available |
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| <ol style="list-style-type: none">1. 50m Freestyle2. 50m Backstroke3. 50m Breaststroke4. 50m Butterfly5. 200m Freestyle <i>formstroke may be recorded where nominated with entry</i>6. 200m Individual Medley7. 100m Freestyle8. 100m Backstroke9. 100m Breaststroke10. 100m Butterfly11. 6x50m Mixed Relay <i>closest to nominated time mixed club teams accepted</i> | <p>ALL swimmers must sign the Track and Trace sheet as a condition of entry.</p> <p>A maximum of 100 participants will be admitted to the pool, including all swimmers, officials and volunteers.</p> <p>Due to limited numbers, and to ensure that all those attending get an opportunity to swim, it is requested that members do not bring family and friends.</p> <p>ALL participants must keep at least 1½m apart at all times.</p> <p>Take time to read the conditions of entry to the venue.</p> |

Warm up will be conducted in accordance with safety procedures. Please observe all safety signs.

Maximum of three (3) events per swimmer

Cost: Registration fee: \$10 per swimmer
Pool entry fee payable on arrival

Closing date: Individual entries: ~~midday Friday 27 November~~
Now extended to
Wednesday 2nd December

No late entries accepted.

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Entries

- Swimmers must individually lodge their entries online through the SportsTG system and pay by credit card or PayPal, by midday on 2 December.
- MSA members will use the Login button and access the online entry system with their Masters Swimming Australia username & password. A link to step-by-step instructions on this entry process may be found on the Events page for this meet on the MSNSW website.
- If any person, or club, is unable to submit an online entry, they must contact the MSNSW office no later than 3 working days prior to the closing date for entries to make alternative arrangements.
- Swimmers' ages will be calculated as at 31 December 2020. Swimmers must be registered with Masters Swimming Australia at the closing date for entries.
- Please adhere strictly to any instructions provided by the staff of Ku-ring-gai Aquatic Centre.
- **Come prepared to have FUN**

Warm-up facilities

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

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.
- **There will be no marshalling**, swimmers are expected to be behind their block prior to their swim
- Pool is not surveyed - no records can be set.
- MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply at this meet. Please observe all safety signs.

Timekeeping

- Clubs are requested to bring stopwatches as all swimmers are expected to assist with timekeeping.

Ku-ring-gai Aquatic Centre must follow the COVID-19 Public Health orders current at the time, and also manage risks to staff and patrons in accordance to Work Health and Safety laws. They have a strict COVID-19 Safety Plan in place to look after us. It is up to Masters Swimming members to comply with any instructions.

Supported by the



To contact Masters Swimming NSW

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