



Masters Swimming NSW WOMEN ONLY Twilight Carnival 2020



Approved swim meet (unsanctioned) # N2020/12TM

Ruth Everuss Aquatic Centre
Church Street, Lidcombe

Friday 11 December, 2020
Long course - 50m
(surveyed pool)

<p>Warm-up: 6.30pm Start: 7.00pm</p>	<p>COVID-19 compliance requirements Sanitiser will be available</p>
<ol style="list-style-type: none">1. 50m Butterfly2. 50m Backstroke3. 50m Breaststroke4. 50m Freestyle5. 200m Freestyle6. 100m Backstroke7. 100m Breaststroke8. 100m Freestyle9. 4 x50m Handicap Relay (4 women from any club or group)	<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 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> <p>Please adhere strictly to any instructions provided by the staff of Ruth Everuss Aquatic Centre.</p> <p>Come prepared to have FUN</p>

*Warm up will be conducted in accordance with safety procedures,
please observe all safety signs.*

Maximum of three (3) individual events per swimmer
plus a relay

It is requested that NO photos are taken at this event.

Cost - Entry fee: \$10 per swimmer for online entries
closing midday Wednesday 09/12/2020
or: \$20 for manual entries at the pool
closing 6:00pm Friday 11/12/2020

Individual Online Entries

- Swimmers may individually lodge their entries electronically through the SportsTG system, and pay by credit card or PayPal. 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.
- MANUAL ENTRIES may be accepted at the pool between 5:00pm and 6:00pm on the night of the carnival, with payment by cash IF not booked out prior. Entry forms will be available at the pool.
- Swimmers’ ages will be calculated as at 31 December 2020.

The Relay

- The final event will be a 4 x 50m Freestyle Handicap Relay, with team members combined from any club or group.
- If you wish to participate in the relay, include Event 9 in your meet entry, along with your 50m Freestyle time. Teams will be handicapped using the sum of these nominated times.

- To be eligible to swim in the relay, a swimmer must have **entered** at least one individual event.

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

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.

Timekeeping

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

Ruth Everuss 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 swimmers to comply with any instructions.



Supported by the



To contact Masters Swimming NSW
Phone: 02 8736 1232 Email: admin@mastersswimmingnsw.org.au
Internet: www.mastersswimmingnsw.org.au
Postal address: PO Box 6941 SILVERWATER NSW 2128
Quad 1, Level 2, Sports House, 8 Parkview Drive SYDNEY OLYMPIC PARK NSW 2127