



## MSNSW Resurrection Meet

Sanction 2021/13

Sunday, 20<sup>th</sup> June 2021

Knox Grammar School

7 Woodville Avenue, Wahroonga

Short Course - 25m Indoor Pool 8 lanes with anti-wave lane ropes and separate warm up/swim down  
This pool has a current survey, records can be set

Warm-up 12.00 pm Start 12.30pm sharp

### Program

1. 400m Freestyle
2. 200m Individual Medley
3. 200m Freestyle
4. 50m Butterfly
5. 50m Backstroke
6. 50m Breaststroke
7. 50m Freestyle
8. 100m Butterfly
9. 100m Backstroke
10. 100m Breaststroke
11. 100m Freestyle
12. 100m Individual Medley
13. 4x50m Medley Relay (*Men's/Women's/Mixed*)

### Entries

Entry fee: \$25 (includes pool entry) no spectator fee applies

Closing date: 11<sup>th</sup> June 12 midday

- For Masters Swimming members only
- Swimmers are permitted **three individual events** plus one relay, with a limit of **one 100m swim** in Event 8 to 12
- **No late entries**, no non-point scoring entries
- Swimmers wishing to swim a formstroke in Event 1 or Event 3, for Top Ten or record purposes, must nominate the stroke with their entry.

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

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- Masters Swimming Australia competition rules current at the closing date for entries apply
- MSNSW **SunSmart Sport & No Smoking** policies, and MSA **Warm-Up Safety** policy will apply at this meet