

ACT 2022 REGIONAL TIME TRIALS #1

OPEN TO ALL MASTERS SWIMMING MEMBERS AND OTHER ACT or NSW SWIMMERS AGED 18 or over
THIS IS A LOW-KEY MEET, ALLOWING SWIMMERS LOCAL RACE PRACTICE
SWIMMERS WILL BE PROVIDED THEIR TIMES ON A RECORDING CARD AT THE END OF EACH SWIM BY TIMEKEEPERS
RESULTS WILL NOT BE CONSOLIDATED OR RECORDED IN THE MSA RESULTS PORTAL - NO RECORDS CAN BE SET

DATE Saturday, 26 February 2022

VENUE **Lakeside Leisure Centre**
Anketell Street, Tuggeranong, ACT
Indoor Heated Pool with anti-wave ropes.

START 2.30pm warm-up for **3.00pm start**.
Racing in **25m Short Course** format.
Warm-up conducted in accordance with National Safety procedures.
Events deck-seeded, with racing conducted over 4 lanes.
Meet run using regular MSA guidelines with a starter and timekeepers, but not all regular meet officials.
TIMES WILL NOT BE RECORDED IN THE MSA RESULTS PORTAL
NO RECORDS CAN BE SET



ENTRIES: CLOSING DATE: NOON, FRIDAY 11 FEBRUARY 2021
\$5 entry fee payable to Tuggeranong Masters bank account by the closing date.
(BSB 112-908 Account No 484 809 534).
Please include description TT1 and your NAME with your payment.
PLEASE SUBMIT your entries via the [google entry form](#),
which can also be accessed via QR code.

PROGRAM (25m SHORT COURSE FORMAT)

SWIMMERS MAY ENTER A **MAXIMUM OF 4 INDIVIDUAL SWIMS PLUS ONE RELAY**
SWIMMERS MUST SWIM IN 1 INDIVIDUAL EVENT TO BE ELIGIBLE TO SWIM IN A RELAY
RELAYS TEAMS MAY CONSIST OF MEMBERS FROM MORE THAN ONE CLUB AND ENTERED ON THE DAY

1. 200m CHOICE of STROKE (please nominate stroke with entry)
- 10 MINUTES BREAK
2. 100m BREASTSTROKE
3. 50m BACKSTROKE
4. 50m FREESTYLE
5. 100m BUTTERFLY
- 10 MINUTES BREAK
6. 50m BREASTSTROKE
7. 100m FREESTYLE
8. 100m BACKSTROKE
9. 50m BUTTERFLY
- 10 MINUTES BREAK – RELAY ORGANISATION
10. 100m INDIVIDUAL MEDLEY
11. #x50m FREESTYLE RELAY



HELP NEEDED WITH TIMEKEEPING - PLEASE BRING STOPWATCHES.

Enquires: aussivikings@gmail.com

All welcome, including family and friends, to attend DINNER from 6:00pm at Tuggeranong Town Centre Vikings Club.