



The MSNSW Swimcathlon
sanction no. N2022/02B

| Saturday 19 February, 2022 Day 1: Pool | | Sunday 20 February, 2022 Day 2: Ocean Swim | |
|---|------------------------|---|--|
| Gunyama Park Aquatic Centre 17 Zetland Ave, Zetland NSW 2017 | | Malabar Beach Malabar, NSW 2036 | |
| Warm up: 2:00pm Start: 2:30pm | | Start: 9am | |
| 1. | 100m freestyle | 8. | Malabar Magic Ocean Swim 1km, 2.5km or 5km. |
| 2. | 50m Butterfly | | |
| 3. | 50m Backstroke | | |
| 4. | 100m Individual Medley | | |
| 5. | 50m Breaststroke | | |
| 6. | 50m Freestyle | | |
| 7. | 400m Freestyle | | |

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

Day 1 - Register through MSNSW portal by 12 February 2022.
Cost: \$15 + pool entry (\$8.15 adult, \$6 concession)

Day 2 - Register through Malabar Magic website by 6pm 16/2/2021.
<https://www.malabarmagicococeanswim.com.au/>
Cost: 1km and 2.5km \$40, 5km \$85.

A MSNSW group has been created for the ocean swim event called “Masters Swimming NSW”. Entrants can elect to be part of this group by searching for it during the ocean swim registration process.

All enquiries to: David Loader david.loader@outlook.com

FAQs:

How does it work? Just like an Olympic Decathlon you compete in multiple events across 2 days. You are given a score for each event and at the completion of all events you are given a total that represents your all-round swimming ability.

Do I need to register for all events? Yes, if you do not complete an event you will receive a score of 0 points. To get a final score you must compete in a minimum of 5 pool events and one of the ocean swim distances.

But I don't do Breaststroke(or another stroke) The aim of the Swimcathlon is to test your ability across all strokes and a number of different distances. If you want to get a final score you need to complete a minimum of 5 pool events and one of the ocean swim distances.

If I do the 5km will someone that does the 1km swim beat me? It depends, the longer ocean swims are weighted to score better. But if another swimmer is significantly faster over a shorter swim they can still score more points.

Rules:

- Competition runs across 2 days. Pool Events are Day 1 on 19 February, 2022. Ocean Swim Event is the Malabar Magic on 20 February, 20212.
- Swimmers must complete in a minimum of 5 pool events and one ocean swim distance to get a final score.
- Open to Masters Swimming members only. No late entries.
- All entries must be made through the online meet entry system on the [MSNSW website](#), with the Ocean Swim entries made through the Malabar Magic website.
- Meet is governed by the Swimming Rules of Masters Swimming Australia Inc and will be conducted in accordance with the following policies: MSA National Safety Policy and MSNSW SunSmart Sport & No Smoking policy.