

# ETTALONG PELICANS MASTERS SWIMMING

NSW BPS Meet for Masters Swimming Members Only

Sanction No. : N2022/05

**DATE:** SATURDAY 28 MAY 2022



**VENUE:** Peninsula Leisure Centre, Blackwall Road, Woy Woy  
8 lanes **surveyed 25 metres** in 25 metre indoor pool with anti-wave ropes.

World, National & Branch Records can be set

**START:** 10:30 a m

**WARM UP:** 10:00 a m

separate warm up / warm down facilities all meet

## PROGRAM

1. 200M	Freestyle #	10. 4x50M	Freestyle Relay
2. 200M	Individual Medley #	Women	
3. 200M	Butterfly #	11. 4x50M	Freestyle Relay
4. 200M	Backstroke #	Men	
5. 200M	Breaststroke #	12. 4x50M	Freestyle Relay
6. 50M	Backstroke	Mixed	
7. 50M	Breaststroke	13. 100M	Freestyle #
8. 50M	Freestyle	14. 100M	Backstroke #
9. 50M	Butterfly	15. 100M	Breaststroke #
		16. 100M	Butterfly #

**ENTRY FEE: \$28.00 including POOL ENTRY**

entry point side door under grandstand (subject to change)

**CLOSING DATE:** Friday May 20 2022 at 12 noon. **NO LATE ENTRIES**

Swimmers are restricted to a maximum of 4 individual swims plus one relay.

NOTE: # ONLY ONE 200M and ONE 100M swim per individual swimmer

ENTRIES to be submitted through the online meet entry system by the closing time / date. Online entries can be accessed from the meet details on the MSNSW website @ <https://mastersswimmingnsw.org.au>

COVID-19 Restrictions will be adhered to including number limits.  
MSNSW SUNSMART, NO SMOKING & MSA Warm-up Safety Policies apply  
Swimming Rules of Masters Swimming Australia in force at the closing date for entries will apply

**Bring Stopwatches & Clubs to prepare a roster – 8 lanes in use**

**ALL SWIMMERS** expected to assist with timekeeping

**NO MARSHALLING** Report to checkstarter for heat

**ENQUIRIES:** Colleen Garland ph 0418 670 605 [ettalongpelicans@gmail.com](mailto:ettalongpelicans@gmail.com)  
Gordon Ferguson ph 4369 3194 [gfaf7@bigpond.com](mailto:gfaf7@bigpond.com)

**AWARDS:** Club Award to the winning club

**PRESENTATION:** at conclusion of meet with free BBQ food. Drinks available  
(subject to COVID-19 restrictions on the day)