

# MSNSW E1000 2023 launch



Start: 2:00 pm

Finish: 6:00 pm

400m – all strokes and IM

800m – all strokes and IM

YOU choose how many swims to do and the order you do them in on the day.

## Endurance Day at Glenbrook pool

Saturday the 14<sup>th</sup> of January, 2023

2-6 pm

Cost: \$10 per swimmer (including pool entry)

Entries close noon Friday 13 January

A social swim to enjoy the fitness, friendship and fun factors of our sport, to connect with swimmers from other clubs and to challenge yourself with a longer swim.

### How it works

- Individual entries will serve the purpose of confirming attendance numbers.
- The pool will be divided into lanes for each stroke.
- Swimmers can choose on the day what strokes and distances they wish to swim, and the order of their swims

### Timekeeping

- If you have a stopwatch, please bring it with you.
- Swimmers are expected to spend at least as much time timekeeping as they do swimming.
- Why not take the opportunity to complete a timekeeping course and have some competencies signed off?

### The E1000 program

- Optional, free and accessible for all swimmers
- More information about the program can be found on the [Masters Swimming Australia Endurance 1000 website](#).

This day is a n opportunity to kick off the Endurance program for 2023 for seasoned E1000 swimmers, but also an opportunity for swimmers new to the program to dip their toe in the water and see what it is all about. Come and join us and give it a go!

*Glenbrook Swim Centre*

Corner Fletcher and Wascoe Streets, Glenbrook

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