



WARRINGAH MASTERS SWIMMING

NSW BRANCH POINTSCORE MEET

FEATURING THE 'ROOTIN TOOTIN' MEDLEY SHOOTOUT

Sanction Number (N2023/0701)

Sunday 23 July 2023

Warringah Aquatic Centre (WAC). Aquatic Drive, Frenchs Forest

Short Course – 25m, 8-lane indoor heated pool with anti-wave lane ropes

This pool has a current survey. **AOE touchpads will be used.** World, Branch and National records can be set.

Warm-up: 10:30am

Start: 11:00am

		M E D L E Y S H O O T O U T
1.	100m Individual Medley	The 8 fastest men and 8 fastest women in the 100m Individual Medley (Event 1) will be invited to participate in separate shootouts. The shootouts will be swum as 4x25m races, one for each stroke with the two slowest swimmers being eliminated until there are only two left in the final. The stroke sequence will be drawn randomly.
2.	50m Backstroke	
3.	100m Breaststroke	
4.	50m Butterfly	
5.	100m Backstroke	
6.	100m Freestyle	
7.	25m Freestyle (not before 12:00)	11. 50m Breaststroke
8.	25m Breaststroke	12. 100m Butterfly
9.	25m Butterfly	13. 50m Freestyle
10.	25m Backstroke	14. 4x25m Medley Relay Women's/Men's/Mixed

COST: \$24.00 incl. transaction fees
(plus pool entry \$3.30, or spectators \$4.20 - payable to the WAC on entry)

CLOSING DATE: Midday Friday 14 July 2023 for ALL entries

- For Masters Swimming members only
- Swimmers are permitted **four individual events plus one relay.**
- No late entries, no non-point scoring entries
- The terms of our pool booking do not allow entry to meet attendees prior to 10.00am. Entry prior to 10.00am will require payment of normal entry fee. Organised warm up swimming will not be allowed before 10.30am.
- It is up to swimmers to comply with any operative Warringah Aquatic Centre COVID-19 Safety Plan

ENTRIES: Entries must be submitted individually, and payment made through Swim Central by the closing date. A direct link can be accessed from the meet details page on the MSNSW website.

ENQUIRIES: Julia Atkins, Meet Director MDirector@warringahmasters.org.au or 0421 347 827

TROPHIES:

The Warringah Shield - presented to the highest scoring visiting club.
The Bob Foster Trophy - presented to the visiting club with the highest average point score

PRESENTATIONS:

Presentations with refreshments will be made directly after the meet at the Baseball Clubhouse (eastern end of car park)

Attending clubs are asked to assist with timekeeping and bring stopwatches (as backup / recording manual times)

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