

OPEN EVENTS FOR ADULT (18+) SWIMMERS

TECHNIQUE/TRAINING SESSIONS AND MINI SWIM MEET

TECHNIQUE/TRAINING SESSIONS

Come and join us for a technique/training sessionS

- Sessions will be run by accredited coaches.
- Please bring your fins!

SATURDAY

24th June 2023

Time: 2pm – 4:45pm

Cost \$10

Numbers are limited so bookings are essential

24 – 25

JUNE

2023



MINI MEET

Come and join in the fun of a mini swim meet

SUNDAY 25TH JUNE

9am - 12 noon

For meet details and registration
<https://mastersswimmingnsw.org.au>

Registrations

SATURDAY TECHNIQUE CLINIC



Email Anne

anneswims2@gmail.com



**masters
swimming**
NEW SOUTH
WALES

Fitness, Friendship and Fun

Batemans Bay Arts and Aquatic Centre 12 Vesper st Batemans Bay

OPEN ADULT SWIM MEET

BATEMANS BAY ARTS AND AQUATIC CENTRE

12 VESPER ST, BATEMANS BAY

Program of Events

- 1 - 200m freestyle
- 2 - 25m butterfly
- 3 - 25m breaststroke
- 4 - 25m backstroke
- 5 - 25m freestyle
- 6 - 4 x 25m medley relay**
- 7 - 50m butterfly
- 8 - 50m breaststroke
- 9 - 50m backstroke
- 10 - 50m freestyle
- 11 - 100m individual medley
- 12 - 10 x 25m freestyle relay**

- Up to 4 individual swim and 2 relays
- 8-lane indoor 25m pool
- Pool is not surveyed and records cannot be set

**25th
JUNE**



- Masters member who wish to be recorded for top ten purposes as swimming a **form stroke** in the 200m freestyle event must nominate a stroke with their entry
- This open meet will be governed by the **Swimming Rules** of Masters Swimming Australia. No BPS points will be awarded.
- The MSNSW **Smoke Free Policy and Sun Smart Policy** apply.
- Warm up will be conducted from 9am in accordance with the National Safety Policy. Warm-up safety procedures apply throughout the meet - one lane will remain available for warm-up and cool down.
- The meet is open to any non-member swimmers who have turned 18 by the 25th June
- This is a sanctioned meet

How to enter

- Entries can be made on line through swim central
- Online entries close on 16th June at midday
- Online entry - \$15
- Entries will be taken on the day and will close at 8:45am - \$20