



MANLY MASTERS SWIMMING CLUB

BRANCH POINTSCORE MEET

Sanction Number N2023/1101



DATE	Sunday 5 November 2023	
TIME	11:00am warm-up	11:25am start
VENUE	Lane Cove Aquatic Centre, 2 Little St, Lane Cove NSW 2066 Long course: 50 metre heated outdoor pool, with anti-wave lane ropes. Warm-up/swim-down lane. Pool is survey registered so Branch & National records can be set.	
PROGRAM	Choice of one of events 1-4:	7. 50m Butterfly
	1. 200m Backstroke	8. 50m Freestyle
	2. 200m Breaststroke	9. 50m Backstroke
	3. 200m Freestyle	10. 50m Breaststroke
	4. 200m Butterfly	11. 200m Individual Medley
	Choice of one 100m swim	12. 4 x 50m Freestyle relay
	5. 100 Backstroke	a) Women b) Men c) Mixed
	6. 100 Breaststroke	
	Swimmers may enter up to 4 individual events and 1 relay swim	
ENTRY FEE	\$25 (incl. transaction fees & pool entry)	
CLOSING DATE	Midday Friday 27 October 2023 for all entries and payments.	
ENTRIES	Entries must be submitted individually, and payment made, by the closing date, through the Swim Central online meet entry system. This can be accessed from the 'Events' page on the MSNSW website.	
ENQUIRIES	Steve Lamy: 0427 014 937 or mastersmanly@gmail.com	
TIMEKEEPING	Please bring stopwatches. Swimmers will be rostered for timekeeping.	
PRESENTATION	... and refreshments on the pool forecourt at the end of the meet	
AWARDS	... the Dawn Gledhill medallion will be presented to the swimmer closest to their nominated time in the Individual Medley ... for the top point-scoring visiting club ... for the club with the highest average points per swimmer	
FINE PRINT	This meet is open to Masters Swimming members only. MSNSW Sunsmart & No Smoking policies and MSA Warm-up Safety policy will apply at this meet. The Swimming Rules of Masters Swimming Australia, in force at the closing date for entries, will apply.	