



**PORT MACQUARIE
MASTERS SWIMMING CLUB Inc**

Fitness, Friendship, and Fun



NSW Branch Point Score Meet

Saturday 18th November 2023

Sanction No: N2023/1102

Venue: Port Macquarie Olympic Pool, Gordon Street, Port Macquarie
6 Lane Outdoor 50m heated pool with anti-wave ropes.
(Records are unable to be set as the pool is not surveyed)
Time: Warm Up: 10.30 am - *conducted in accordance with safety procedures*
Start Time: 11.00 am

Closing Date: **Midday** Friday 10th November 2023 – No Late Entries

Program:	1	200m Individual Medley	9	100m Freestyle
	2	200m Butterfly	10	50m Backstroke
	3	200m Backstroke	11	50m Butterfly
	4	200m Breaststroke	12	50m Breaststroke
	5	200m Freestyle	13	50m Freestyle
	6	100m Backstroke	14	4 x 50m Freestyle Relay
	7	100m Butterfly	15	8 x 50m Freestyle Relay
	8	100m Breaststroke		

Event 14 4 x 50 Freestyle Relay a) Women b) Men c) Mixed

**Event 15 8 Mates Race 50M Relay. Handicapped on the day.
Non-point scoring-just for fun!**

Entries: **A maximum of four (4) individual events, only one 200m swim per swimmer, plus one relay, plus Event 15.**

Entries must be submitted individually through Swim Central by the closing date.

Cost: **\$26.00** (including transaction fees) plus pool entry on the day.

Enquiries: Ross Cummins 0408 694 487 Warren Frumar 0412 280 869
Email – rosscummins62@yahoo.com.au

Timekeepers: Assistance from other clubs with timekeepers and stop watches will be appreciated.

Sausage sizzle and presentation after meet.

OPEN TO MASTERS SWIMMING MEMBERS ONLY

Masters Swimming NSW SunSmart and No Smoking Policy will apply at this meet.