



Warm-up: 10:00am

Start: 10:30am

1. 200m Freestyle  
(you may nominate a formstroke\*)
2. 100m Butterfly
3. 100m Backstroke
4. 100m Breaststroke
5. 100m Freestyle
6. 50m Freestyle - closest to nominated time  
(you may nominate a formstroke\*)
7. 100m Kick with board and fins
8. 4 x 50m Formstroke Relay  
(2xBackstroke + 2xBreaststroke - any order)

\* *Nominate formstroke in Swim Central under Session 2 or 3*



## Christmas at Cabarita pool

Sunday 3<sup>rd</sup> December 10am—12noon



Cost: \$20 per swimmer

A Christmas social swim to enjoy the fitness, friendship and fun factors of our sport, enjoy time around the pool then a picnic in the park. This is your chance to log a Top Ten Time.

### Online Entries

- ☞ Swimmers individually lodge their entries electronically through Swim Central.  
**Entries close midday November 24.**
- ☞ Swimmers' ages will be calculated as at 31 December 2023.

### Warm-up facilities

- ☞ Warm-up and swim-down lane will be available throughout the meet.

### The Relay

- ☞ To be eligible to swim in the relay, a swimmer must have **entered** at least one individual event. No club allegiance required!

### Timekeeping

- ☞ Swimmers are requested to bring stopwatches as all swimmers need to assist with timekeeping.

### Rules

- ☞ This competition will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date for entries. The pool is not surveyed, no records can be set.

**There will be no marshalling, swimmers are expected to be behind their block prior to their swim**

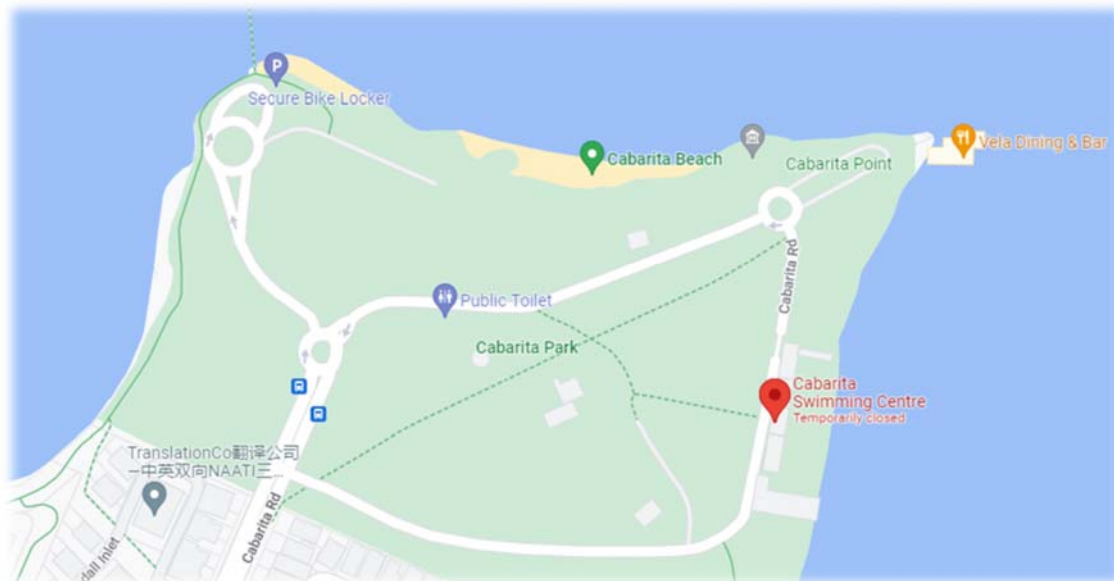
*Cabarita Swimming Centre*

Cabarita Park, Cabarita Rd, Concord NSW 2137



**Time to relax and reflect on the year of swims we enjoyed.**

**Following the swim, stay and enjoy a picnic in the beautiful park surrounds.  
BYO chair | rug | food | drink.**



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