



CESSNOCK MASTERS 30TH ANNIVERSARY

Anniversary cake and Coffee during results announcement

NSW Branch Point Score Carnival

Sanction No. 20240301

Saturday 23rd March 2024

Cessnock Swimming Pool, Allandale Rd. Cessnock

50m, 6-lane, outdoor pool with anti-wave lane ropes

5 lanes used for competition.

This pool has a current survey, State and National records can be set.

Start: 8.00 am sharp.

Warm up 7.30am

Program of Events

- | | |
|---------------------|---|
| 1 1500m Freestyle | 10 100m Breaststroke |
| 2 800m Freestyle | 11 100m Butterfly |
| 3 400m Freestyle | 12 100m Backstroke |
| 4 200m Freestyle | 13 4x50m Freestyle Relay (<i>Mixed/Women's/Men's</i>) |
| 5 200m Breaststroke | 14 50m Breaststroke |
| 6 200m Butterfly | 15 50m Freestyle |
| 7 200m Backstroke | 16 50m Backstroke |
| 8 200m Ind. Medley | 17 50m Butterfly |
| 9 100m Freestyle | |

Entries

Entry fee: \$25.75 (incl. transaction fee) + pool entry on the day

Closing Date: Friday 15th March at 12 noon

- Open for Masters Swimming members only
- Swimmers are permitted four (4) individual swims only, plus 1 relay.
- **Limit of one long distance swim in events 1 to 3- one 1500m swim OR one 800m swim OR one 400m swim.**
- Swimmers in events 1 to 3 may need to swim 2 to a lane in separate gender heats
- Swimmers wishing to swim a form stroke in a freestyle event, for record or Top Ten purposes, must nominate the stroke under "Session 3" during the Swim Central entry
- To compete in a relay, a swimmer must enter at least one individual event
- No late entries or non-point scoring entries

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

All enquiries to: Trish Lennard 0417 019 832 Email Cessnockmastersswimming@outlook.com

Assistance from other clubs with timekeeping and stopwatches will be appreciated.

- The Swimming Rules of Masters Swimming Australia in force at the closing date for entries will apply
- **MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply.**