



ETTALONG PELICANS MASTERS SWIMMING

NSW BPS Meet

for Masters Swimming Members Only
Sanction No: 20240501



SATURDAY 25 MAY 2024

Peninsula Leisure Centre, Blackwall Road, Woy Woy
8 lane indoor pool with anti-wave ropes.

This pool has a current survey, and AOE touchpads will be used - World, National & Branch Records can be set

START: 10:30 a m WARM UP: 10:00 a m
separate warm up/warm down facilities all meet

PROGRAM

- | | |
|--|------------------------------------|
| 1. 25m Freestyle | 9. 50m Freestyle |
| 2. 25m Breaststroke | 10. 50m Butterfly |
| 3. 25m Backstroke | 11. 4x50m Freestyle Relay |
| 4. 25m Butterfly | (Women's/Men's/Mixed) |
| 5. 200m Individual Medley [#] | 12. 100m Butterfly [#] |
| 6. 200m Freestyle [#] | 13. 100m Backstroke [#] |
| 7. 50m Backstroke | 14. 100m Breaststroke [#] |
| 8. 50m Breaststroke | 15. 100m Freestyle [#] |

ENTRY FEE: \$28.00 (incl. transaction fees & pool entry)
entry point side door under grandstand (subject to change)

CLOSING DATE: Friday May 17 2024 at 12 noon. **NO LATE ENTRIES**

Swimmers are restricted to a maximum of 4 individual swims plus one relay.
NOTE: [#] ONLY ONE 200m and ONE 100m swim per individual swimmer

ENTRIES to be submitted through Swim Central by the closing time/date. Online entries can be accessed from the meet details on the MSNSW website @ <https://mastersswimmingnsw.org.au>

COVID-19 Restrictions will be adhered to including number limits.
MSNSW SUNSMART, NO SMOKING & MSA Warm-up Safety Policies apply
Swimming Rules of Masters Swimming Australia in force at the closing date for entries will apply

Bring Stopwatches & Clubs to prepare a roster – 8 lanes in use
ALL SWIMMERS expected to assist with timekeeping
NO MARSHALLING - report to Check Starter for heat

ENQUIRIES: Charlie McLennan ph 0413 934 399 charlie.mclennan7@gmail.com
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AWARDS: Club Award to the winning club