

CESSNOCK MASTERS



NSW Branch Point Score Meet (for AUSSI Masters Swimmers only) Sanction No. NS009/02L

When: Saturday 21st February 2009

Where: Cessnock Swimming Pool, Allandale Rd. Cessnock.
50m outdoor pool, anti-wave ropes, long course, 6 lanes- 5 for competition

Start: 8am sharp Warm Up 7.30am.
(Conducted (in accordance with National safety procedures)
One lane will be made available throughout the meet for swim down.

Entries: Maximum of 4 individual events, plus 1 relay.

Entry Fee: \$15-00 Cheques to be made payable to: Cessnock Masters
pool entry of \$3.50 at the gate

Closing Date: Friday February 6, 2009. (NO LATE OR NON POINT SCORING ENTRIES)

Entries: to be submitted to your Race Secretary. Race Secretary to submit club entries manually on official summary sheet OR preferably by printout of the entry report from 'Team Lite' together with payment to be received by closing date. **If 'Team Lite' is used, an export file of entries should be sent electronically to: ali_corp99@hotmail.com**
An additional copy may be sent electronically to NSW Meet Recorder:
recorder@mastersswimmingnsw.org.au

All entries to: The Secretary, PO Box 789 Cessnock 2325.
Enquiries 02 4991 3363

Programme of Events

Event 1a	Limit of 1 swim in Event 1	1500m Freestyle	Swimmers in 1a, 1b, 1c may need to swim 2 to a lane as separate gender heats
1b		800m Freestyle	
1c		400m Freestyle	
2		50m Freestyle	
		<u>Relay Cards due in after Ev: 2</u>	
3		50m Breaststroke	
4		50m Backstroke	
5		50m Butterfly	
6		200m Individual Medley	
		Challenge Relay- you must swim in 50 F/S to be eligible for selection	
7a		4x100 Medley Relay (Mixed,Women,Men)	Limit of 1 Relay Swim
7b		4x50 F/S Relay (Mixed, Women, Men)	
8a	Limit of 1 swim in Event 8	100m Backstroke	Limit of 1 swim in Event 8
8b		100m Breaststroke	
8c		100m Freestyle	
8d		100m Butterfly	

Awards: Certificates to all swimmers. Trophy to top point scoring visiting club.

Dinner: Free BBQ - Please indicate numbers with meet entries.

Dinner and presentation will be held at the pool immediately after the meet.

Timekeepers: Visiting clubs are asked to bring stopwatches to assist with timekeeping please.

MASTERS SWIMMING NSW SUNSMART AND NO SMOKING POLICY WILL APPLY AT THIS MEET