



NSW Branch Point Score Meet

Sanction No: NS009/02Z

When: **Saturday, 7th February 2009**

Warm-up 2.00 pm
(to be conducted in accordance with recommended safety procedures).
Start 2.30pm

Where: **Macquarie University & Aquatic Centre**

Gymnasium Road, Macquarie University NSW 2109 Phone: 9850 7636

8 lane, 50m outdoor pool

with anti-wave lane ropes (inclusive of one lane for warm-up/swim-down).

Parking: Parking available in the N3 carpark. First 2 hours free.

Entries: **\$18 – (includes pool entry) no spectator fee applies.**

Maximum of three (3) individual events and 1 relay per swimmer.

No non-pointscoring entries will be accepted.

Closing date: **Friday, 16th January 2009 for those clubs using the manual system or**

Friday, 23rd January 2009 for those clubs using Meet Manager/Team Manager

Programme:

Event 1 200m choice of stroke (one swim only)

(a) Individual Medley (b) Free

Event 2 50m Fly

Event 3 50m Back

Event 4 50m Breast

Event 5 50m Free

Event 6 100m choice of stroke (one swim only)

(a) Fly (c) Breast

(b) Back (d) Free

Event 7 4x50m Free Relay

(a) Women's

(b) Men's

(c) Mixed

Awards: Award to the top scoring visiting club

Timekeeping: Assistance with time keeping and the provision of stopwatches from visiting clubs would be appreciated.

Entries to: Seaside Pirates Inc.
PO Box 1545
Warriewood, NSW 2102

Enquiries to: Tracy McGuire
Ph: 0407 015 831

- Cheques made payable to "Seaside Pirates Inc"
- Entries to be submitted to your Race Secretary
- Race Secretaries to submit club entries manually on official summary sheet OR preferably by printout of the entry report from 'Team Manager', together with payment, to be received by the closing date. If 'Team Manager' is used, an export file of entries should be sent electronically to the Meet Recorder on carnival@seasidepirates.com

Food and drink will be available from the pool kiosk
OPEN TO AUSSI MASTERS SWIMMING MEMBERS ONLY
Masters Swimming NSW Sunsmart and No Smoking Policy will apply at this meet