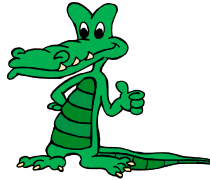


LAKE MACQUARIE CROCS MASTERS



NSW BRANCH POINTSCORE MEET SANCTION NO: NSW10/09X

Saturday 18 September 2010

Date:

Time: 10.30 a.m. **Warm up** (conducted in accordance with safety procedures)
11.00 a.m. **Start**

Venue: **Toronto Indoor Swim Centre**, Cnr Carleton & Awaba Road, Toronto. 25 metre heated indoor pool – accredited pool survey of 25 metres on file - anti-wave ropes – heated warm down pool, hot hydro pool and spa. Eight lanes will be used.

Closing Date: **Friday, 03 September, 2010** - no late entries -
no non-point scoring entries.

PROGRAM

- | | | |
|----|--|----------|
| 1a | 200m Freestyle | } Choose |
| | OR | } ONE |
| 1b | 200m Individual Medley | } only |
| 2 | New Concept Composite Relay | |
| 3 | 50m Butterfly | |
| 4 | 100m Breaststroke | |
| 5 | 50m Freestyle | |
| 6 | 100m Backstroke | |
| 7 | 100m Butterfly | |
| 8 | 50m Backstroke | |
| 9 | 4 x 50m Freestyle Relays –
women's, men's & mixed | |
| 10 | 100m Freestyle | |
| 11 | 50m Breaststroke | |
| 12 | 100m Individual Medley | |

Note: Swimmers are restricted to 4 individual events, plus 1 relay and the composite relay.

Awards: Certificates will be presented at conclusion of the meet when refreshments will be provided.

Costs: \$18 per swimmer (plus pool entry of \$4.50 payable at the pool)
Please make cheques payable to "Lake Macquarie Crocs Masters" or direct deposit to BSB 650 000 A/C 9670 41208 .Please include club code.

Entries:

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 to
Lake Macquarie Crocs Masters Swimming Inc,
P.O. Box 1097,
TORONTO NSW 2283

If 'Team Manager' is used, an export file of entries should be sent electronically to the NSW Meet Recorder on recorder@mastersswimmingnsw.org.au

For more informaton please contact:
Rod Sandell 02 4959 3909
Email - sandellrod@yahoo.com.au

Timekeepers: Assistance from other clubs with timekeeping and watches will be appreciated

*A barbecue will be served after the meet while results are announced & certificates are handed out.
This meet is open to Masters Swimming members only.
Masters Swimming Sun Smart and No Smoking Policy will apply at this meet.*

Sponsored by Centennial Coal, Toronto Workers Club and the local business community.

New Concept Composite Team Relay (event 2) is based on Fun & Friendship and will include over \$500 in prizes for mostly nominated times over 4 X 25m. Composite teams will **NOT** be club based and will include world champions, elite swimmers, sponsors, VIP's, etc. All teams are eligible to win a prize including the Major Prize. No disqualifications, any stroke, any age, any gender. Have fun and meet swimmers from outside your club. Your nominated time to swim 25m will be required at point of entry. **No entry fee for relay.** Everyone is eligible to swim in a team.