



Masters Swimming NSW Long Distance Championships 2010



Sanction no NSW10/LD6

Blacktown Aquatic Centre
Boyd Street, Blacktown

Sunday, 08 August 2010
Long Course (50m)
(surveyed pool)

8:00–8:45 am : Warm-up

*Warm-up will be conducted in accordance with safety procedures.
Please observe safety signs.*

9:00 am : Start

1	1500m freestyle
2a	800m butterfly
2b	800m backstroke
2c	800m breaststroke
2d	800m individual medley
3	400m freestyle
4a	400m butterfly
4b	400m backstroke
4c	400m breaststroke
4d	400m individual medley

Maximum of 2 events per swimmer

Cost: \$25 per swimmer Pool entry is included

Closing date: All entries – Friday, 23 July 2010.
NO late entries

Please note special restrictions due to time considerations:

- Event 1- 1500 metres is freestyle only (no form strokes);
- Swimmers may only enter event 1 OR event 2;
- Only one swim is permitted in event 2 and event 4;
- Freestyle events (events 1 & 3) may be swum with two swimmers of the same gender per lane, depending on the number of competitors;
- We will endeavour to run events as races (i.e. NOT with staggered starts).

Please turn over for more information...

Entries

- Swimmers' entries should be submitted to their Club Race Secretaries.
- Race Secretaries must send: manual entries on the official summary sheet, with payment, to the Branch Office to be received by **23 July 2010**; or electronic entries by export from Meet Manager, Team Manager or TM Lite to recorder@mastersswimmingnsw.org.au with a copy and payment to the Branch Office, to be received by **23 July 2010**.

- Cheques must be made payable to Masters Swimming NSW.

Funds may be submitted electronically to the Masters Swimming NSW account:

Bank: ANZ
BSB: 012 129 (Cherrybrook S/C)
A/C #: 1979 94001

Please add your club code and send details of the receipt or notification of payment to the Branch office by the closing date of entries (23 July 2010).

- Clubs are requested to lodge their entries electronically wherever possible. A free copy of Team Manager Lite, complete with members' details, can be provided to clubs on request. Please contact the NSW Meet Recorder, Mark Hepple, for further details: recorder@mastersswimmingnsw.org.au
- Swimmers' ages will be calculated as at 31 December 2010.
- Swimmers must be registered Masters Swimming Australia at the closing date for entries (23 July 2010) or show proof of registration with an equivalent body overseas.

Rules

- These Championships will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date of entries (23 July 2010).

Awards

CLUB

- Branch Championship Trophy to the club with the highest point score in each division.

INDIVIDUAL

- Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for NSW members. Visitors are also eligible for medals.

Warm-up facilities

- After the start of competition, warm-up and swim-down facilities will be available in one lane of the competition pool.

Timekeeping

- Clubs are requested to bring stopwatches and prepare a roster as all swimmers must assist with timekeeping. Clubs will be notified of the required amount of time they must allocate to timekeeping, after the program is posted on the website.

To contact Masters Swimming NSW

Phone: 02 8116 9716 Fax: 02 8732 1606

Email: admin@mastersswimmingnsw.org.au

Internet: www.mastersswimmingnsw.org.au

Location: Ground Floor, Sports House,
6A Figtree Drive

SYDNEY OLYMPIC PARK NSW 2127

Postal address: PO Box 6941

SILVERWATER NSW 2128

Masters Swimming NSW thanks the volunteers from Volunteering NSW for their assistance at all MSNSW meets.