



NORTH SYDNEY MASTERS PRESENT THE SENSATIONAL SPRING SPRINT MEET SATURDAY 20TH NOVEMBER 2010

NSW BRANCH POINT SCORE MEET - SANCTION NSW10/11R



VENUE North Sydney Olympic Pool, Alfred Street, Milsons Point
Survey certified 50m heated outdoor pool with anti-wave lane ropes.
Warm up facilities will be available at all times in the indoor heated 25m pool.
Please note parking is limited near the pool, more on the eastern side of the bridge.

TIME 7:00 p.m. Pool Entry and Warm-up [Pool Entry not allowed beforehand.]
Warm-up conducted in accordance with National Safety Procedures
7:30 p.m. Start

PROGRAMME

1. 50m Freestyle
2. 50m Backstroke
3. 50m Breaststroke
4. 50m Butterfly
5. 4X50M Medley Relay

- A] Women
- B] Men
- C] Mixed

Swimmers may only swim **3** individual swims and **1** relay. Non point scoring entries allowed.
Relay swimmers must enter one individual event.
Clubs may enter only **1** relay team per age group, per event.
For Masters Swimming members only.
This meet will be governed by the rules of Masters Swimming Australia and NSW.

CLOSING DATE Friday 5th November 2010 - LATE ENTRIES ACCEPTED

ENTRIES Entries to be submitted to your Race Secretary. Race Secretaries can submit club entries manually on the 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 the entries should be sent to:

meet@northsydnemasters.org.au with a copy and payment to:

The Meet Director, 64 Thomson Street, Darlinghurst. NSW 2010
Cheques payable to "North Sydney Masters" OR Preferably by EFT to:
St George BSB 112 879 Account # 119 941 836 Ref: Club Code

COST \$20 [includes Pool Entry] Shower tokens (50c) can be purchased when entering.

TIMEKEEPING Clubs are asked to bring stop watches and assist with timekeeping.

ENQUIRIES Alan Godfrey 0410-356-553 meet@northsydnemasters.org.au

DINNER After the meet please join us for free pizza at "*the best address on earth*"

MASTERS SWIMMING NSW SUNSMART & NO SMOKING POLICIES WILL APPLY AT THIS MEET