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Lake Macquarie
City Council



Novocastrian Masters Swimming Inc

NSW Branch Pointscore and Open Meet

Sanction Number No. NSW10/11F

Saturday 13 November 2010

10:30 am warm up (conducted in accordance with safety procedures) for an 11:00 start

**At Charlestown Swimming Centre,
Dickinson Street, Charlestown**

(50 metre surveyed, 8-lane outdoor pool, anti-wave ropes.
One lane in adjacent 25 metre pool for warm up).
Pool entry will be free.



Entry Information:

Members of Masters Swimming: Closing date Friday 29 October 2010
Entries to be submitted to your Club 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 NSW Meet Recorder, on recorder@mastersswimmingnsw.org.au

Club entries to: The Race Secretary, Novocastrian Masters Swimming,
16 Galena Street, Adamstown Heights NSW 2289.
No late entries. Non-pointscore entries will be accepted on the day.

Participants in Lake Macquarie Games Aquatic Weekend: Friday 8 October. Entries to Treasurer, Novocastrian Masters Swimming Inc, 10 Chardonnay Court, Eleebana NSW 2282 together with payment, events entered and nominated times for each event. No late entries.

Entry Fee: \$20.00 per swimmer by cheque payable to: Novocastrian Masters Swimming Inc.
Free barbecue at conclusion of meet. **(Please indicate numbers intending to stay).**

PROGRAMME

- | | |
|-------------------------------------|------------------------------|
| 1. 400m Freestyle ** | 4. 50m Backstroke |
| 2. 200m Choice of stroke – one only | 5. 50m Breaststroke |
| A -- Backstroke | 6. 50m Butterfly |
| B -- Breaststroke | 7. 50m Freestyle |
| C -- Butterfly | 8. 4 x 100m Freestyle Relays |
| D -- Freestyle | A: Mixed |
| E -- Individual Medley | B: Men |
| 3. 100m Choice of Stroke – one only | C: Mixed |
| A – Backstroke | |
| B -- Breaststroke | |
| C -- Butterfly | |
| D -- Freestyle | |

****NOTE:**

In Event 1 – 400m Freestyle, lane sharing may be required (swum as separate gender heats)

Note: Swimmers are restricted to 4 individual events plus one relay.

Awards: Certificates to all swimmers. Trophy to top scoring visiting club
Trophy to visiting club with highest average point score per swimmer.
(Clubs with minimum of 4 swimmers)

Enquiries: Masters Swimming NSW members: Bev Arnold –0408 406 906 –
E-mail barnold@aanet.com.au

Others: Dianne Pascoe, Lake Macquarie Games Coordinator. 4921 0238
djpascoe@lakemac.nsw.gov.au

THIS MEET IS OPEN TO MASTERS SWIMMING MEMBERS AND TO ENTRANTS in Lake Macquarie Aquatic Weekend
MASTERS SWIMMING NSW SUNSMART AND NO SMOKING POLICIES WILL APPLY AT THIS MEET