



**PORT MACQUARIE  
MASTERS SWIMMING CLUB Inc**  
Fitness, Friendship and Fun  
**NSW Branch Point Score Meet**  
**Saturday 6<sup>th</sup> November 2010**



Sanction No: NSW10/11J

*We welcome you to "The city with Australia's best climate" (CSIRO statistics)*

**Venue:** Port Macquarie Olympic Pool, Gordon Street, Port Macquarie  
*6 Lane Outdoor 50m heated pool with anti-wave ropes*  
Records are unable to be set as the pool is not surveyed.

**Time:** Warm Up: 10.30 am - *conducted in accordance with safety procedures*  
Start Time: 11.00 am

**Closing Date:** Friday 22 October 2010—No late entries  
(Non-pointsoring entries permitted on the day.)

**Program:**

1. 200m choice of stroke (one swim only)  
(a) Individual Medley (b) Butterfly (c) Backstroke  
(d) Breaststroke (e) Freestyle
2. 100m choice of stroke (Maximum of two swims only)  
(a) Butterfly (b) Backstroke (c) Breaststroke (d) Freestyle
3. 50m Backstroke
4. 50m Breaststroke
5. 50m Freestyle
6. 50m Butterfly
7. 4 x 50 Freestyle Relay  
a) women's b) men's c) mixed

**A maximum of four (4) individual events per swimmer plus one relay**

**Entries to:** 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:

**Port Macquarie Masters Swimming Club,  
PO Box 5021,  
Port Macquarie 2444**

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

**Cost:** **\$18.00 nomination fee plus \$4.00 on pool entry.**

Cheques payable to *Port Macquarie Masters Swimming Club Inc.* or direct deposit  
with club code to *Port Macquarie Masters BSB - 802 214 Account No - 65804*

**Dinner at Port City Bowling Club (East Port) 6.30pm for 7.00pm (Pay on  
entry to Club - \$26.00) Please notify numbers for the dinner with entry.**

**Enquiries:** Ross Cummins – 6583 8297 (A.H.) Trish Berry – 6584 3328  
E-mail [gtberry@optusnet.com.au](mailto:gtberry@optusnet.com.au)

**Timekeepers:** Assistance from other clubs with timekeepers and stop watches  
Sausage sizzle after swim and presentation after meet.

**OPEN TO MASTERS SWIMMING MEMBERS ONLY.**

Masters Swimming NSW SunSmart and No Smoking Policy will apply at this meet.