



Masters Swimming NSW Short Course Championships 2010



Sanction no NSW10/SC1

Peninsula Leisure Centre

243 Blackwall Road, Woy Woy
(surveyed pool 25m)

20-21 March 2010

Saturday 20 March Warm up 9:00–9:45 am Start 10:00 am	Sunday 21 March Warm up 8:30–9:15 am Start 9:30 am
<i>Warm up will be conducted in accordance with safety procedures. Please observe safety signs.</i>	
1 200m Freestyle	13 200m Butterfly
2 100m Backstroke	14 100m Freestyle
3 50m Breaststroke	15 50m Backstroke
4 100m Butterfly	16 25m Breaststroke
5 50m Freestyle	17 25m Freestyle
6 25m Backstroke	18 50m Butterfly
7 25m Butterfly	19 100m Breaststroke
8 100m Individual Medley	20 200m Backstroke
9 200m Breaststroke	21 4x25m Women's Medley Relay
10 4x25m Mixed Medley Relay	22 4x25m Men's Medley Relay
11 4x100m Women's Freestyle Relay	23 4x25m Mixed Freestyle Relay
12 4x100m Men's Freestyle Relay	

**Maximum of five (5) individual swims and
four (4) relay swims per swimmer**

Cost:

Registration fee:	\$25	per swimmer <i>plus</i>
Swim fee:	\$3	per individual event
Relay team fee:	\$7.50	per team

Pool entry included.

Closing date: All entries Wednesday 03 March 2010

IF late entries are accepted, they will attract a LATE FEE of \$100.

Supported by:



Please turn over for more information ...

Entries

- Swimmers' entries should be submitted to their club race secretary.
- Race secretaries must submit their club's entries **with payment** (for individual swims and relay teams) by 03 March 2010. If Team Manager is used, an export file of entries should be sent electronically to recorder@mastersswimmingnsw.org.au and a printout sent to the Branch Office (address below) **with payment** by 03 March 2010 OR **manual** entries submitted on the official summary sheet and sent to the Branch office (address below) **with payment** by 03 March 2010.

Funds may be submitted electronically to the **Masters Swimming NSW** account:
A/C #: 1979 94001
BSB: 012 129
Please add your club code and send details of the receipt or notification of payment to the Branch office by 03 March 2010.
- Swimmers must be a Masters Swimming member at the final closing date for entries (03 March 2010)
- Swimmers' ages will be calculated as at 31 December 2010.

Relays

- The total number of relay teams **MUST** be nominated together with the club's individual entries by the closing date (03 March 2010) and be accompanied by **payment**.
Entries will not be accepted on the day.
- Team details, including the age group, swimmers' details, and event number are to be submitted on the day on the Branch Relay Entry Sheet.
- Cut-off times for teams to be submitted will be announced during the meet.
- To be eligible to swim in a relay, a swimmer must have **entered** at least one individual event.
- There is no limit on the number of teams that a club may enter in any age group. All teams may score points.

Lunch

- A lunch break will be held each day, if time allows. Details will be announced.

Awards

CLUB

- Trophies to the club with the highest point score in each division.
- Harry Fowler Memorial Trophy for the outstanding performance by a relay team with a combined age of 200 years or over (i.e. the team which swims the best time relative to the world and national records).
- Gordon Cozins Memorial Trophy for the club scoring the highest total points in relays.
- Des McCormick Memorial Trophy for the club with the highest average point score per swimmer (minimum of 10 competitors).

INDIVIDUAL

- Vorgee Male & Female Swimmer of the Meet.
- Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for NSW members. Visitors are also eligible for medals.
- Medals to each member of the winning relay team in each age group of each event.
- Aggregate age group winners will be announced.

Warm-up facilities

- Warm-up and swim-down facilities will be available throughout the carnival in 2 or 3 lanes at the other end of the competition pool.

Timekeeping

- Clubs are requested to bring stopwatches and prepare a roster as all swimmers are expected to assist with timekeeping.

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 (03 March 2010).

To contact Masters Swimming NSW

Phone: 02 8116 9716 Fax: 02 8732 1606

Email: admin@mastersswimmingnsw.org.au

Internet: www.mastersswimmingnsw.org.au

Deliver to: Ground Floor, Sports House, 6A Figtree Drive SYDNEY OLYMPIC PARK NSW 2127 Or

Post to :P O Box 6941 SILVERWATER NSW 2128

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