



Sanction No: NSW10/09L

TRINITY AUSSI MASTERS SWIMMING CLUB
NSW BRANCH POINT SCORE MEET



PROGRAMME

WHEN: SATURDAY 25th SEPTEMBER 2010
WARM-UP 10.00am - START 10.30am
WARM-UP CONDUCTED IN ACCORDANCE WITH SAFETY PROCEDURES

WHERE: TRINITY GRAMMAR SCHOOL
PROSPECT ROAD, SUMMER HILL
25m SURVEYED INDOOR POOL WITH ANTI-WAVE LANES

ENTRIES: \$12.00 MEET ENTRY (INCLUDES POOL ENTRY)
MAXIMUM OF 4 INDIVIDUAL EVENTS AND 1 RELAY EVENT PER SWIMMER
NO NON POINTSCORING ENTRY CARDS

Entries are 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 (cheques payable to *Trinity AUSSI*, or by direct deposit to Westpac Burwood BSB: 032 062 Acc name *Trinity AUSSI* Acc. no. 91 3637) to be received by the closing date. If 'Team Manager' is used, an export file of entries should be sent electronically to the Meet Recorder on recorder@mastersswimmingnsw.org.au

CLOSING: 10th September 2010 - No late entries

SEND TO: DAPHNE KULHAN
2 YOUNG STREET TEMPE NSW 2044
PHONE: (H) 02-9559 2579 OR JUDY VASSALLO 02-9798 0062

DINNER: THERE WILL BE NO DINNER – SMALL PRESENTATION AT THE CONCLUSION OF THE MEET

EVENTS:

1. 200M CHOICE OF STROKE (*ONE SWIM ONLY*)
 - A. 200M BUTTERFLY
 - B. 200M BACKSTROKE
 - C. 200M BREASTSTROKE
 - D. 200M FREESTYLE
 - E. 200M INDIVIDUAL MEDLEY
2. 50M BUTTERFLY
3. 50M BACKSTROKE
4. 100 CHOICE (*ONE SWIM ONLY*)
 - A. 100M INDIVIDUAL MEDLEY - OR
 - B. 100M FREESTYLE
5. 50M BREASTSTROKE
6. 50M FREESTYLE
7. 4 X 50M FREESTYLE RELAY (*ONE RELAY SWIM PER SWIMMER ONLY*)
 - A. WOMEN'S
 - B. MEN'S
 - C. MIXED

CERTIFICATES TO ALL SWIMMERS

THIS MEET IS FOR MASTERS SWIMMING MEMBERS ONLY
ATTENDING CLUBS ARE REQUESTED TO ASSIST WITH TIMEKEEPING
NO FOOD OR DRINK MAY BE CONSUMED IN THE POOL AREA

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

NOTE: THERE WILL BE SANDWICHES, FRUIT & SOUP AVAILABLE FOR SALE AT LUNCHTIME