



WARRINGAH MASTERS

NSW BRANCH POINT SCORE MEET 2010

FEATURING THE 'ROOTIN TOOTIN' MEDLEY SHOOTOUT

- 1 100m Individual Medley
- 2 25m Freestyle
- 3 25m Breaststroke
- 4 25m Butterfly
- 5 25m Backstroke
- 6a. 100m Freestyle OR
- 6b. 100m Breaststroke OR
- 6c. 100m Butterfly OR
- 6d. 100m Backstroke

MEDLEY SHOOTOUT

- 7 50m Backstroke
- 8 50m Butterfly
- 9 50m Breaststroke
- 10 50m Freestyle
- 11a. 4x25m Female Medley Relay
- 11b. 4x25m Male Medley Relay
- 11c. 4x25m Mixed Medley Relay

VENUE

The Warringah Aquatic Centre, Aquatic Drive, Frenchs Forest. Indoor, heated, 8-lane, survey registered, 25 metre pool with anti-wave lane ropes

DATE

Saturday 9th October 2010

TIME

Warm up 10.30am. Start 11.00am.

Warm up conducted in accordance with safety procedures. Supervised warm up and swim down available during the meet.

ENTRIES

To be submitted to your Race Secretary.

Race Secretaries to submit club manual entries 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.

NOTE

Swimmers are restricted to four individual swims and one relay (Event 11). In addition swimmers are restricted to one swim only from Event 6.

CLOSING DATE

Friday 24th September 2010 for all entries.

CONDITIONS

For Masters Swimming members only.

Non-Point scoring entries on the day of the meet are not permitted

COST - \$20

An additional entry charge of \$2 is payable to Warringah Aquatic Centre.

NOTE

The Terms and Conditions of our pool booking do not allow entry of meet attendees prior to 10.00am. Entry prior to 10.00am will require payment of normal entry fee. Organised group warm up swimming will not be allowed prior to 10.30am.

TROPHY

The Warringah Shield - Presented to the highest scoring visiting club.

The Bob Foster Trophy - Presented to the visiting club with the highest average point score.

The Golden Turkey - Presented to Novos.

PRESENTATIONS

Presentations with complimentary refreshments will be made directly after the meet.

TIMEKEEPING

Attending clubs are asked to bring stop watches and assist with timekeeping.

ENTRIES/CHEQUES

Payments should be made by cheque, payable to "Warringah Masters Swimming Inc". PO Box 89 Forestville NSW 2087; or by EFT to: Westpac BSB 032 094, Account No. 277 700, Ref: Club Code

ENQUIRIES

Wilson Gamble 9918 8209 or contact@warringahmasters.org.au

SANCTION NUMBER NSW10/10K