

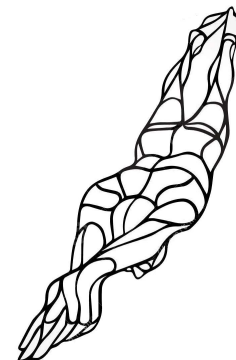
The **Challenge** consists of swimming a **50m, 100m and 200m** event, each in a **different stroke**.

To ascertain the winner, we aggregate the absolute difference between actual and nominated time for each of the three events. For example: if you swim 2 seconds faster in event 1, 3 seconds slower in event 2 and 0.5 of a second faster in event 4, your total difference over the 3 events is 5.5 seconds. The trophy will be presented to the swimmer with the smallest total difference. The fastest swimmer will not necessarily be the winner.

Swimmers who do not wish to “take the challenge” may still enter any event up to the maximum allowed.

This meet is run in accordance to the Rules of Masters Swimming Australia.

Masters Swimming members only. Masters Swimming NSW Sun Smart and No Smoking Policies will apply.



VENUE: The Tuggeranong Lakeside Leisure Centre
Anketell Street, Tuggeranong, ACT
Surveyed Indoor 25m Pool with anti-wave ropes

TIME: Warm up: 12.00 pm Start: 12.30 pm
Warm up /cool down lanes available throughout the afternoon

Challenge Program of Events Swimmers may swim in **3 Individual Events plus 1 Relay Team in Event 6**

EVENT 1	50m Backstroke	EVENT 8	100m Individual Medley
EVENT 2	50m Freestyle	EVENT 9	50m Butterfly
EVENT 3	100m Butterfly	EVENT 10	50m Breaststroke
EVENT 4	100m Breaststroke	EVENT 11	200m Choice of Stroke (Nominate stroke with entry – may include IM)
EVENT 5	100m Backstroke	EVENT 12	Champagne Shoot Out Relay
EVENT 6	4 x 50m Freestyle Relay a) Mixed b) Women c) Men		This event will be a handicapped event with the 6 teams that swim closest to their nominated time in Event 6 competing. Guess the prize!!!
EVENT 7	100m Freestyle		



Cost: \$20 plus pool entry – Adults \$7.00, Concession \$5.00 (including Masters)

Closing Date: **Friday 6 September 2019 for all entries.** No late entries.

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. If ‘Team Manager’ is used, an export file of entries should be sent electronically to the Meet Recorder via email at annettebritten@bigpond.com.

Payment to: **Tuggeranong Masters Swimming ACT**

By bank transfer to: St George Bank BSB 112-908 Account Number 484 809 534

By cheque to: The Meet Director, PO BOX 113, Erindale Centre, ACT 2903.

Presentation: Presentation and dinner from 6pm at the Tuggeranong Town Centre Vikings Club

Enquiries: **Meet Director:** Annette Britten 02 62979062 / 0418 298 209 / annettebritten@bigpond.com
Attending clubs are asked to bring stopwatches and assist with timekeeping