



ACT INTERCLUB 2019 - SWIM MEET 3

**NON-BPS (UNSANCTIONED) MEET OPEN TO ALL MASTERS SWIMMING MEMBERS
AND OTHER ACT or NSW SWIMMERS AGED 18 or over**

- DATE** Sunday, 17 November 2019
- VENUE** **The Gunghalin Leisure Centre**
71 The Valley Avenue, Gunghalin, ACT
Indoor Heated Pool with anti-wave ropes. Pool is **NOT surveyed** but all times recorded by MSNSW swimmers are eligible for MSNSW and National Top 10 Rankings.
- START** 2.00 pm warm-up for **2.30pm start**
Racing in 50m Long Course Format
The warm-up will be conducted in accordance with the National Safety procedures.
Racing conducted over 4 lanes.
- ENTRIES** **\$5 entry fee** payable on day plus pool entry
SWIMMERS to submit your entries to your club's race secretary via email including your NAME, SEX, AGE @ 31/12/2019, DATE OF BIRTH EVENTS INC NUMBER, DISTANCE & STROKE and the TIMES YOU NOMINATE to swim in each individual event by **CLOSING DATE FOR INDIVIDUAL SWIMMER ENTRIES: MIDNIGHT WEDNESDAY 30 OCTOBER 2019.**
- RACE SECRETARIES** to submit finalised **club entries** by print out of the entry report from 'Team Manager', together with the export file of entries to be emailed electronically to the Meet Recorder **John Collis** at johncollis5@optusnet.com.au and received by the **OFFICIAL CLOSING DATE FOR ALL CLUB ENTIREES: 5PM FRIDAY 1 NOVEMBER 2019.**

PROGRAM (50m LONG COURSE FORMAT)

1. 200m CHOICE of STROKE (please nominate stroke with entry)
 2. 50m BREASTSTROKE
 3. 50m BUTTERFLY
 4. 100m FREESTYLE (Form stroke NOT allowed)
 5. 100m BACKSTROKE
- 20 MINUTES BREAK – TEA/COFFEE (RELAY TEAMS to be submitted before event 6)**
6. 100m BUTTERFLY
 7. 100m BREASTSTROKE
 8. 50m BACKSTROKE
 9. 50m FREESTYLE
- 10 MINUTES BREAK – RELAY ORGANISATION**
10. 4x50m MEDLEY RELAY (women's, men's, mixed [2 women plus 2 men])

**SWIMMERS MAY ENTER A MAXIMUM OF 4 INDIVIDUAL SWIMS PLUS ONE RELAY
SWIMMERS MUST SWIM IN 1 INDIVIDUAL EVENT TO BE ELIGIBLE TO SWIM IN A RELAY**

HELP NEEDED WITH TIMEKEEPING
PLEASE BRING STOPWATCHES
Greg Gourley gregory.gourley@gmail.com
Gary Stutsel gstutsel@bigpond.net.au Tel: 62471886

**YOU and YOUR FRIENDS are welcome to attend DINNER afterwards at your own expense at ...
6pm at The Raiders Club, 23 Hibberson St, Gungahlin, 2912**