

Novocastrian Masters Swimming

NSW Branch Pointscore and Open Meet

sanction number: N2018/11N



Saturday 17th November 2018

Charlestown Swimming Centre

54 Dickinson Street, Charlestown

Long Course – 50m 8 lane outdoor pool with anti-wave lane ropes and starting blocks similar to SOPAC This pool has a current survey, state & national records can be set, but not FINA world records

THE MEET IS OPEN TO MASTERS SWIMMING MEMBERS AND NON-MEMBERS

Warm up: 10:00am

Start: 10:30am

Programme

1. 400m Freestyle	9.50m Breaststroke
2. 200m Backstroke	10.50m Butterfly
3. 200m Breaststroke	11.4x100m Freestyle Relay (Men's/Women's/Mixed)
4. 200m Butterfly	12.100m Backstroke
5. 200m Freestyle	13.100m Breaststroke
6. 200m Individual Medley	14.100m Freestyle
7. 50m Backstroke	15.100m Butterfly
8. 50m Freestyle	

Entry Fee: \$22.00 per swimmer (includes pool entry)

Closing date: Midday, Friday 09 November 2018

- **Non Members** must be 18yrs or over on the date of the meet
- Swimmers are permitted **four individual events** plus one relay, with a limit of **one 200m swim** and **one 100m swim**
- **No late entries**, no non-point scoring entries
- One lane for warm up/cool down - 7 lanes for competition
- Swimmers wishing to swim a form-stroke in Event 1, for Top Ten or record purposes, **must nominate the stroke with their entry.**
- Freestyle swimmers in Event 1 may be required to share a lane, and if so, will be swum in separate gender heats. Starts may be staggered

Entries must be submitted individually, and payment made through the **online meet entry system** by the closing date. This can be accessed from the meet details page on the MSNSW website.

<http://www.mastersswimmingnsw.org.au/Competition/Events/Events/novocastrian-bps-8>

Enquiries: Alan Moore (02) 4946 1446 alanmoore@iprimus.com.au

Free barbecue at the conclusion of the meet

Medals will be awarded to all 1st, 2nd and 3rd place getters (individual races not relays).

The Swimming Rules of Masters Swimming Australia in force at the closing date for entries will apply

MSNSW **SunSmart Sport, No Smoking** and **MSA Warm-Up Safety** policies will apply

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