



Central Coast - NSW Branch Point Score Meet
for Masters Swimming Members only **Sanction #: NSW10/01S**

DATE: Saturday January 16, 2010

VENUE: Gosford Swimming Pool, Masons Parade, Gosford

POOL: surveyed 50 M outdoor pool (anti-wave ropes) (LC)
(7 lane pool – 6 for competition)

STARTING TIME: 11.00 am

Warm up: 10.30 am (conducted in accordance with National Safety Procedures)

ENTRIES: to be submitted to your Race Secretary. Race secretaries submit entries manually on official summary sheet **OR** preferably by printout of the entry report from "Team Manager / Team Lite", together with payment, to be received by the closing date. If "Team Manager / Team Lite" is used, an export file of entries should be sent electronically to the Meet Recorder at gosseagulls@optusnet.com.au.

CLOSING DATE: Friday January 1, 2010. **NO LATE or NON-POINT SCORE ENTRIES.**

ENTRY FEE: **\$21.00** (Payable to Gosford City Seagulls) includes \$4.50 Pool Entry

PROGRAMME:

1A	200 M Freestyle	OR	
1B	200 M Individual Medley		
2	50 M Butterfly		
3	50 M Backstroke		
4	4 X 100 M Freestyle Relay		Women, Men or Mixed
5	50 M Breaststroke		
6	100 M choice of stroke – ONE swim permitted		
	A Freestyle	OR	B Backstroke OR
	C Breaststroke	OR	D Butterfly
7	50 M Freestyle		
8	A 4 x 50 M Women's Freestyle Relay		
	B 4 x 50 M Men's Freestyle Relay		
	C 4 x 50 M Mixed Freestyle Relay		

NOTE: Swimmers can enter **3** individual events plus **ONE** relay in each event 4 and event 8.

Timekeepers: Visiting swimmers are asked to bring stopwatches to assist with timekeeping.

Entries to: Gosford City Seagulls Race Secretary
P O Box 1351
Gosford NSW 2250

Contacts: Neil Keele 0412 033 020

AWARDS: 1. Trophy to top scoring visiting club.
2. Highest Club average point score trophy (Minimum of 6 swimmers)

Masters Swimming NSW SunSmart and No Smoking policy will apply at this meet.

A BBQ will be held at the conclusion of the meet, gold coin donation.