

2015 SPRING OPEN WATER SERIES

Hosted by the Cairns Mudcrabs Masters Swimming Club Inc.

For more info visit www.mudcrabs.org.au



MONTH	DAY	DATE	SWIM START	VENUE	DISTANCES
OCTOBER	Sunday	18 th	9.00am	Lake Barrine	500m / 1.5km / 3km
NOVEMBER	Sunday	15 th	9.00am	TBA	500m / 1.5km / 3km
DECEMBER	Sunday	13 th	9.00am	TBA	500m / 1.5km / 3km

SWIM ENTRY FEE

\$10 per swimmer payable at registration.

Swim entry fee includes swim cap plus \$1 from every registration is donated to the Multiple Sclerosis Society Australia. MS Australia is one of the Cairns Mudcrabs chosen charities.

REGISTRATIONS

Open 45 mins prior race start time and close 15 mins prior race start. Swimmers must be 16 years or older. Swimmers must declare any medical conditions.

SWIM BRIEFING

10 mins prior to the allocated race start time as noted at registration. Attendance at race briefing is compulsory for all swimmers.

SWIM WARM UP

Swimmers can enter the water prior their swim start time to conduct a warm up swim. Swimmers are responsible for ensuring they exit the water in time to attend the swim briefing.

TIMEKEEPING

Manual timekeeping will be provided, whilst every effort will be made as to the accuracy of the timekeeping, times cannot be considered for Masters Swimming records. Times will be available on club website by 5pm the Monday following each swim.

RANDOM PRIZES

Swimmers who have competed in two series swims will be eligible for the random prize draws to be drawn at the final swim of the series. Swimmers must be present to receive prize.

WEATHER CANCELLATIONS

In the event of inclement weather, a decision on the swim proceeding will be made by 4pm the day prior. Please check the club website for cancellation notice.

PROUDLY SUPPORTED BY



The Queensland Government provided \$8891.12 to Cairns Mudcrabs Masters' Swimming Club Inc. to extend its Open Water Swimming Program to increase Queenslanders' participation in sport and recreation activities.



REMOTE TRAINING SERVICE