

CAIRNS MUDCRABS MASTERS SWIMMING CLUB INC.



2015 Short Course Meet



Saturday 14th November 2015. Gordonvale Pool, Sheppards Street, Gordonvale. (Surveyed)

Warm up 12.30pm. Events start 1.00pm

Nomination Fee \$20 (includes pool entry, lucky programme and refreshments) **Noms Close: 1st Nov 2015**

Gourmet Presentation Meal : \$ 22.00

SANCTION # 19/15

1	800m Freestyle	POSTAL or Swim on day		Novelty Team Race (more details on the day!)
2	400m Individual Medley	CHOOSE		CASH PRIZE RACE! Winner will be swimmer closest to nominated time. Event to be selected randomly on the day.
3	400m Butterfly	1 ONLY		
4	400m Backstroke	POSTAL		
5	400m Breaststroke	or		
6	400m Freestyle	Swim on day		
7	100m Backstroke		18	
8	50m Butterfly		19	100m Breaststroke
9	25m Freestyle		20	50m Freestyle
10	100m Individual Medley		21	25m Backstroke
11	50m Backstroke		22	25m Butterfly
12	25m Breaststroke		23	50m Breaststroke
13	200m Individual Medley	CHOOSE 1	24	100 m Freestyle
14	200m Butterfly	ONLY		
15	200m Backstroke	MUST BE	25	4 x 25m Mixed Medley
16	200m Breaststroke	SWUM ON		
17	200m Freestyle	THE DAY	26	4 x 25 mixed Freestyle Relay
	FEEDO TIME			PRESENTATION MEAL

MAXIMUM of 6 EVENTS including POSTAL SWIMS

800m Freestyle and 400m are postal or swim on the day. Postals must be swum in a 25m pool between 1st October and 25th October 2015. **ONLY EVENTS SWUM ON THE DAY ARE ELLIGIBLE FOR RECORDS.**

NOMINATIONS: open to all registered Masters swimmers. Entries to be submitted via Entry Manager on Members Forum (preferred method) or individual/club Nom Forms (postal swim forms required also) before 1st Nov 2015 with payment to PO BOX 1906, Cairns, QLD 4870 or email mudcrabs@mudcrabs.org.au Cheques payable to Cairns Mudcrabs Masters Swimming Club Inc. or direct payment to: BSB 633 108, Account No 116333527 (ref: club code/ your name)

GUEST SWIMMERS: Non registered Masters swimmers are invited to swim as 'guest' swimmers providing they have not swum in any meets previously. Nomination fees and procedures apply.

MEET DIRECTOR: LEONIE ALLEN Tel: 0408 988 642. Email: sbutts@optusnet.com.au

RECORD ATTEMPTS: Please inform Meet Referee and Meet Director if you are attempting any records and for which events.

MEDICAL DISABILITY CERTIFICATES: these must be registered with MSQ and National Office by nomination closing date. Please mark nomination 'MD' and submit copy of certificate with entries.

DISCLAIMER: By nominating to participate in this meet, swimmers authorize the Meet Director to take whatever action is deemed necessary in all cases.