

# CABOOLTURE CRAYS ALL POSTAL 5 EVENT SHORT & LONG COURSE

**1<sup>ST</sup> FEBRUARY TO 30<sup>TH</sup> APRIL 2019**

Caboolture & Districts Masters Swimming would like to invite all clubs & swimmers to participate in our first "all postal" swim meet.

## **5 EVENTS - Enter as either a Short OR Long Course**

- 400 FREE
- 200 IM
- 100 BREASTSTROKE
- 100 BACK
- 50 FLY

Ideal preparation swims for the State & National Titles - To be held over 3 months to allow full participation at your own pace.

**Medals for all 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place getters.**

**\$30.00 Aqua Shop voucher prize for 1<sup>st</sup> place in all age groups male & female short or long course.**

\$20 entry fee per person - short or long course.

To be swum between 1/2/19 and 30/4/19.

Please indicate on the entry form/time sheet whether you are doing your events as a long OR short course. All completed postal time sheets need to be emailed to [Caboolture.crays@live.com.au](mailto:Caboolture.crays@live.com.au)

All 5 events to be done **AS EITHER SHORT OR LONG COURSE** so prizes can be allocated accordingly.

Points to be awarded on a 10,9,8 etc basis per event and totalled x number of events swum (maximum 5 events).

MSQ Sanction No. Q12/19. All enquires to Neil Newman – [caboolture.crays@live.com.au](mailto:caboolture.crays@live.com.au).  
Ph:0432676825.

Entries Close Tuesday 30<sup>th</sup> April 2019 with all times and payments submitted by this date.

Entry fees need to be paid by Direct Debit with Club Code/name to the following bank account:

Account Name: Caboolture & Districts Masters Swimming

Bank: Suncorp

BSB: 484-799

Account: 769941



The Swimming Specialists