

Toowoomba Tadpoles

1500m swim in July 2019



Due to our successful postal swim in 2018, we are holding it again in 2019.

How to compete

It is simple, you just need to pace yourself to complete a 1500m swim in either a 25m or 50m pool. You can choose from freestyle, breaststroke and/or backstroke, but the entire 1500 must be of one stroke only. Thus, each swimmer may do more than one postal swim of each stroke. Cost is **\$20 per swimmer** (not per swim).

You are required to be a financial member of Masters Swimming Australia.

You must swim the event between **1 July and 31 July 2019**.

Entries must be submitted using the online meet entry system or by emailing the authorised 'Club Postal Entry Form' (attached) to secretary@toowoombatadpoles.org.au by **15th August**.

Payment

Bank transfer to:

Toowoomba Masters Swimming Club Inc.

BSB 638 070 A/C 5191564

Transaction description – Club code and surname of club representative or individual

Results

Results and certificates will be sent to the nominated club address within 6 weeks of the completion of the Postal Swim. Certificate and water bottle are awarded to all participants. Medals will be awarded to the fastest swimmers within each age group (as per Masters Swimming Australia) and stroke.

Sanctioned by MSQ Q13/19

Sanctioned by MSA PS05/19

