

Long Tan Legends Masters Swimming Club Inc.

2019 Long Course Sprint Carnival

Saturday, 24th of August
Long Tan Memorial Pool
Cnr. Fulham Rd. & Acheron Ave., Heatley

Warm up 1.00pm for a 1.30pm start

Nomination fee \$25 (includes pool entry & barbeque afterwards)

Program of Events

MAXIMUM OF 5 INDIVIDUAL EVENTS

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|----------------------|-------------------------------------|
| 1. 200m Freestyle | 8. 50m Breaststroke |
| 2. 100m Butterfly | *9. 200m Individual Medley |
| 3. 50m Backstroke | *10. 200m Breaststroke |
| 4. 100m Breaststroke | *11. 200m Backstroke |
| 5. 50m Freestyle | 12. 100m Freestyle |
| 6. 50m Butterfly | 13. 4 x 50m Mercantile relay |
| 7. 100m Backstroke | (* Choose only one of these events) |

NOMINATIONS: The swim meet is open to all registered Masters Swimmers.

Nominations Close Monday the 19th of August, 2019.

Nominations accepted on-line via MSQ members portal or e-mail to crofttony@ymail.com
E-mail nominations must be done using your name as registered with MSQ (ie. Bill Smith would be registered as William Smith) and must also have date of birth.

Payment by direct deposit to BSB: 814-282, Account number 30228013

Contact Person: Club President **Tony Croft** on 0407391974 or email crofttony@ymail.com

Medical Disability Forms: For a medical Disability to be considered , the Medical Disability Certificate must be registered with Masters Swimming Queensland and the National Office by close of entries. Swimmers' nominations must be marked "MD" and a copy of the medical certificate enclosed with entry.

Guest Swimmers: Non-masters swimmers considering joining Masters Swimming are invited to swim as "guest" swimmers as a "one-off try", with nomination costs and entry procedures as per Masters Swimmers.

Presentation barbeque : to be held at the pool after the last event.

Disclaimer: By nominating to participate in this swim meet, swimmers thereby authorise the Meet Director to take whatever action/s he/she deems necessary in the event of an emergency, and swimmers accept responsibility for any costs arising from such action/s.