

2020 Short Course Meet

Saturday 22nd February 2020

Mackay North State High School, Valley St – North Mackay

Sanctioned swim meet #Q03/20

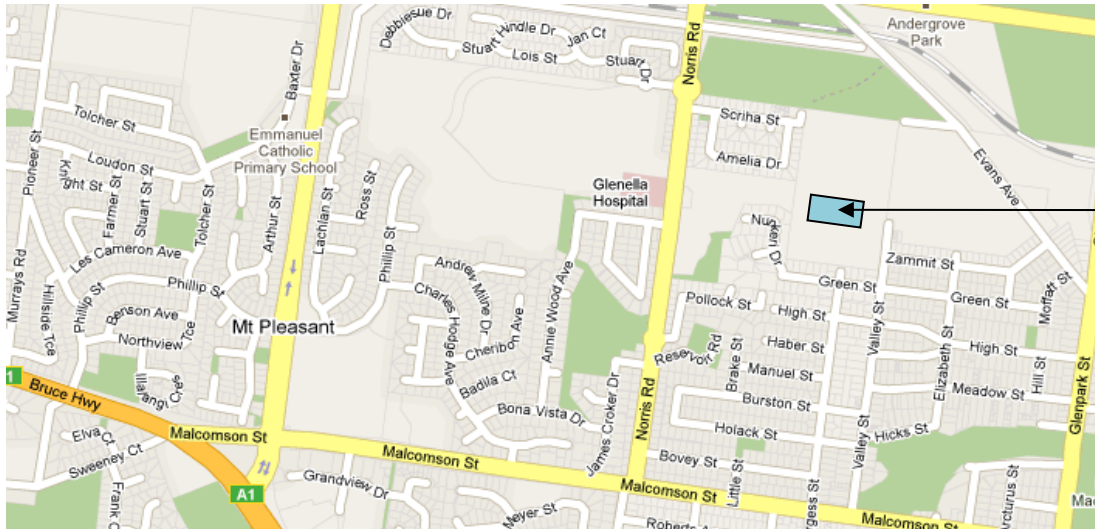
EVENT	DISTANCE	STROKE	NOTES
1.1	1500m (Postal only)	Freestyle	Postal only , freestyle only; 25m pool only . Swim January – Saturday 15 th February 2020
OR 1.2	400m (Postal only)	All Strokes (choose one only)	Postal only , one Stroke only; 25m pool only . Swim January – Saturday 15 th February 2020
2.1	200m	Individual Medley	ONE 200m event per swimmer. 200m Events 2.1-2.5
2.2	200m	Butterfly	
2.3	200m	Backstroke	
2.4	200m	Breaststroke	
2.5	200m	Freestyle	
3	25m	Breaststroke	Max 6 events on the day plus the postal.
4	25m	Freestyle	
5	25m Skins You can not nominate	Freestyle for this event	You must nominate in event 4 to be eligible for event 5 (Skins). You cannot nominate for event 5. Fastest 3 times + 3 random swimmers handicapped in the 25m freestyle to swim it out for a cash prize in a continuous round of 25m elimination races.
6	50m	Backstroke	
7	50m	Butterfly	
8	100m	Freestyle	Event 8 – Tropical Challenge-Cash prize! (closest to nominated time award)
9	25m	Backstroke	
10	25m	Butterfly	
11	100m	Breaststroke	
12	100m	Butterfly	
13	100m	Backstroke	
14	50m	Freestyle	
15	50m	Breaststroke	
16	100m	Individual Medley	
17	4 x 25m	Male Freestyle Relay	Nominate on the day! These are fun events for all and will be run if time permits.
18	4 x 25m	Female Freestyle Relay	
19	4 x 100	Mixed (2+2) Individual Medley Relay	John Quinn Trophy – Only masters clubs eligible for trophy, no composite teams eligible but of course they may swim! (Line honors prize)

Warm up from 11am. Start @ 12pm
Contact Dan Stampa – 0413 805 156 and/or nthmkysinkers@gmail.com



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- **NOMINATIONS:** (paid in advance & by 15.02.20)
 - \$30 per nominated swimmer for postal **and** up to 6 events on the day. (Postal only = \$5)
 - Includes entry, events & complimentary kiosk
 - Nominations on line.(Masters & Guests)
 - Nominations close 15/2/2020
 - Enquiries: nthmkysinkers@gmail.com or
Meet Director: Dan Stampa – Mobile 0413 805 156
- **MEET IS OPEN** to all Registered Masters Swimmers. Non-Masters swimmers, considering joining Masters Swimming, are invited to swim as a guest swimmer with nomination costs and entry procedures as per Masters Swimmers.
This meet is sanctioned by Queensland Masters Swimming.
- **MEDICAL DISABILITY:** For a medical disability to be considered, the Medical Disability Certificate must be registered with the National office by the close of entries. Swimmer's notification card should be marked "MD".
- **LIABILITY RELEASE:** By nominating to participate in this swim meet, all swimmers thereby authorize the Meet Director to take whatever action is deemed necessary in the event of an emergency for any and all costs arising from such action.
- **THE POOL:** is located at the Northern end of Valley Street at the Mackay North State High School as indicated on the map below. Parking facilities are available adjacent to the pool.



WHERE:

Mackay
North
State High
School Pool
in Valley
Street North
Mackay



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- **PRESENTATIONS:** Presentations will be held on site with complimentary light snacks.
- **RAFFLES.** On the day Money boards and a multi-prize draw will be available.
- **REFRESHMENTS:** There is no Kiosk at our 25m pool however complimentary tea, coffee and light refreshments will be available on the day.