



Albany Creek Masters Duckathon 2021

Three Levels of Duck Swims

Sanctioned by MSA Sanction Number: PS01/2021

Sanctioned by MSQ Sanction number: Q2/21

1 January 2021 – 28 February 2021

Welcome to Albany Creek Masters first postal swim.

This postal swim will motivate you to get back into Fitness, Fun and Friendship after Christmas and a disrupted 2020. It is an easy swim to undertake with participants able to choose a level that suits their swimming ability and interest.

All you need to do is choose ONE of the following three levels and complete the 3 distances:

1. Mini Duck: 100m, 200 and 400m OR
2. Midi Duck: 200m, 400 and 800m OR
3. Maxi Duck: 400m, 800m and 1500m

Entry: \$12 per swimmer.

Entry conditions:

- All swims must be completed between 1 January 2021 and 28 February 2021.
- Swims may be completed in either a 25m or 50m pool.
- All three distances can be swum in any stroke, including IM, but excluding 1500m IM and 1500m Butterfly.
- You do not have to complete all swims on the same day.
- Only 1 entry per swimmer.
- Entries will be accepted until 15 March 2021, OR postmarked/sent no later than 15 March 2021
- Entries must be submitted on the official nomination form.
- Entries must be signed by a club official e.g. captain, president, secretary.
- Swimmers must be financial members of Masters Swimming Australia or their own country's official masters swimming national body.
- All participants will receive a Certificate of Achievement. Certificates will be sent electronically to the club's email address.
- Results of the meet will NOT be entered into the National records/results portal.
- Eligible event results may be entered into the e1000 program by swimmers or their clubs.
- Age as at 31st December 2021.

Enquiries to postalswims.qacmasters@gmail.com

Send entries electronically to: postalswims.qacmasters@gmail.com

Payment by bank transfer to:

Account name: Albany Creek Masters Swimming Club Inc

BSB: 484 799

Account number: 450 798 398

Please include your name and club code in the description.

Or Send entries by post to: Postal Swim Coordinator by 15 March 2021

PO Box 330

Albany Creek

Qld 4035

Cheques should be made out to Albany Creek Masters swimming Club

Entry Form

Participant Agreement: Please read the participant agreement and sign before attempting any of the swims. I understand that I should not participate in this event unless I have achieved an appropriate level of fitness and training. I verify that I am aware of the risks involved, and that I am sufficiently fit to take part in this event. I will not hold Albany Creek Masters Swimming Club Inc responsible for any injury or illness sustained as a result of taking part in this postal swim. I also accept full responsibility for any costs incurred.

Swimmer's Signature: _____ Registration Number: _____

Swimmer's Name: _____ F or M Date of Birth: _____ Age: _____

Swimmer's or Club's Email Address: _____

Club Name: _____ Club Code: _____

Club or swimmer's Postal Address for any certificates to be sent to:

Swims

Choose one of the following levels and swim one only of each distance within that level.

E.g. Mini Duck: 100FR 200BR 400IM Maxi Duck: 400 Fr 800 Fr 1500 Fr

Mini Duck					
Distance	Stroke	Pool	Time	Date	Timekeeper
100	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
200	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
400	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
Midi Duck					
Distance	Stroke	Pool	Time	Date	Timekeeper
200	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
400	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
800	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
Maxi Duck					
Distance	Stroke	Pool	Time	Date	Timekeeper
400	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
800	FR BA BR FLY IM	25m / 50m	: : . hrs : mins : secs . hundredths		
1500	FR BA BR	25m / 50m	: : . hrs : mins : secs . hundredths		

Club Official

Signature: _____

Date: _____

Position: _____