

Toowoomba Tadpoles

July Postal Swim 2022



Event: 800m Freestyle

Cost: \$12 per swimmer

How to compete:

- ✓ All swims must be completed between **1 July and 31 July 2022**.
- ✓ Remember it's very important to have adequate fitness levels before undertaking such a swim.
- ✓ May be completed in either a 25m or 50m pool.
- ✓ 1 entry per swimmer.
- ✓ Entries will be accepted until 15 August 2022, OR postmarked/sent no later than 15 August 2022
- ✓ 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.
- ✓ Results of the postal swims will NOT be entered into the National records/results portal
- ✓ Eligible event results may be entered into the National Endurance 1000 Program by club e1000 recorders
- ✓ All participants will receive a Certificate of Achievement.
- ✓ Age as at 31st December 2022.

Entries must be submitted by emailing the authorised 'Club Postal Entry Form' and Record sheet (attached) with all information filled out and send to secretary@toowoombatadpoles.org.au by **15th August**.

Payment by bank transfer to:

Toowoomba Masters Swimming Club Inc.

Bank of QLD BSB: 124 149 Account: 23054914

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

Most of all, have fun completing this swim event!

Sanctioned by MSQ Q11/22

Sanctioned by MSA PS

