



ALBANY CREEK MASTERS SHORT COURSE (25M) SWIM MEET
Proudly hosted by Albany Creek Masters Swimming Club Inc. – QAC
Saturday 9 April 2011

POSTAL EVENTS

200m or 400m own choice (ONE only)

1	200m	Medley
2	200m	Butterfly
3	200m	Backstroke
4	200m	Breaststroke
5	200m	Freestyle
6	400m	Medley
7	400m	Butterfly
8	400m	Backstroke
9	400m	Breaststroke
10	400m	Freestyle

100m own choice (ONE only)

11	100m	Medley
12	100m	Butterfly
13	100m	Backstroke
14	100m	Breaststroke
15	100m	Freestyle
16	50m	Breaststroke
17	50m	Freestyle
18	50m	Backstroke
19	50m	Butterfly
20	25m	Breaststroke
21	25m	Freestyle
22	25m	Backstroke
23	25m	Butterfly
24	4 x 50m	Mixed Medley Relay
25	4 x 50m	Male Freestyle Relay
26	4 x 50m	Female Freestyle Relay

Swimmers may nominate in FIVE individual events ONLY including ONE postal event.

Warm-up: 9:15 am Start: 10:00 am
 Presentation and BBQ at the conclusion of events (approx. 3.00pm)

- **Heated pool**
- **Food and drink at kiosk**
- **Some shade available**
- **Club tents welcome**
- **First Aid**
- **10 minute massages available**

Rules for Postal Event:

- One ONLY 200m or 400m swim
- To be swum in 25m pool
- Must be swum between 25 February and 25 March
- **Results to be received by 28 March with nominations**

Relay:

- Relays count for club points – double individual points
- Each team to have two female and two male swimmers for medley relay
- One relay team per age group per club
- **Please send electronic relay team nomination by 28 March**

Cost:

- \$20 swim only
- \$25 swim/meal (steak burger and drink)
- Non-swimmer \$5.00 for meal
- Please indicate if vegetarian

Late entries will NOT be accepted

You may swim as a **GUEST**, a once off nomination. You do not need to be a member of a masters club.

Electronic nominations to:-

Rachael Keogh
qacmasters@gmail.com
Mob 0402 498 853

Hard copy nominations, postal's, summary sheets and monies to:

Albany Creek Masters Swimming Club Inc.
PO Box 330
ALBANY CREEK QLD 4035
All entries by 28 March 2011

Direct Debit:

BSB is 484-799
A/C 041430111 Albany Ck Masters Swimming Club Inc.

Include your Surname, first initial and club code in the details. Eg SMITH J QAC

ENQUIRIES

John Bull [Meet Director] (07) 32642271
 Mob 0402590877
 Heather Butler President] (07) 33525618

POOL LOCATION

Albany Creek Leisure Centre
 Corner Old Northern Rd & Explorer Dr
 Albany Creek
 Limited parking available at the centre.

Initial warm up may be swum in both 25m pools and warm up & warm downs during the meet may be swum in the 25m pool not being used for the competition.

Pool has been surveyed for record purposes

Sanctioned by Masters Swimming Queensland for Masters Swimming in Australia Inc. (Sanction No. Q09/11). By nominating to participate in this swim meet, all swimmers thereby authorise the meet director to take whatever action is deemed necessary in the event of an emergency, and accept responsibility for any and all costs arising from such action.