

# MASTERS SWIMMING QUEENSLAND

SWIM FOR YOUR LIFE INTO FITNESS, FRIENDSHIP AND FUN



## STATE LONG COURSE CHAMPIONSHIPS

**2011**

DAY 1: FRI 25TH MARCH

DAY 2: SAT 26TH MARCH

DAY 3: SUN 27TH MARCH

Maximum of six (6) individual events per swimmer

Relays conducted in compliance with National Rules SW4.2

Rules for entry conditions must comply with Branch Rules QS3

Surveyed pool

Cost: \$55 individual entry - \$ 12 per relay (\$3 per person)

Venue:

Oasis Pool,  
Banora Point NSW

ENTRIES OPEN:

17th January  
2011

ENTRIES CLOSE:

4th March  
2011

### DAY 1

Warm up:

2p.m.

Starting time:

3p.m.

EVENT:

1

### DAY 2

Warm up:

8.00a.m.

Starting time:

9.00a.m

EVENT:

### DAY 3

Warm up:

7.00a.m.

Starting time:

8.00a.m.

EVENT:

NOTE: