Bunbury Stingers
2019 Winter 3 x 400m Postal Swim

Sanction PS 04/19

May 2019 rolls around and it is time for the

3 x 400m Winter Postal Swim

This year we have added an individual medley to the strokes you can use to complete the three 400m swims for those of you looking for something new.

If you are not a regular endurance swimmer, this Postal Swim may be the motivation you need to improve your fitness and/or swimming skills – with a little more to aim for than just doing laps!

It is an easy swim to undertake. All you need to do is swim 400m in 3 different styles over a two-month period. Each 400m swim can be Freestyle, Backstroke, Breaststroke, Butterfly or an Individual Medley. Encourage your club members to join you in improving your personal best times.

Competitors are required to be financial Masters Swimming Australia members or financial members of another country's official Masters Swimming National Body.

We look forward to hearing from you and happy swimming!

All results, certificates and medals will be forwarded to the nominated club address on the entry form within 8 weeks of the completion of the Postal Swim.

- Certificates are awarded to everyone who completes the swims.
- Medals (both females and male) to the most improved swimmers, the fastest overall swimmers and the fastest senior swimmers.
- Entries need to be on the nomination form and signed by the club event supervisor or preferably sent electronically in the Excel spreadsheet provided.
- Age groups as per Masters Swimming Australia (age as at 31st December each year)
- Extra copies of the forms and the entry spreadsheet are available from our club website at www.bunburymasters.asn.au

Please post your entry to the address below **before Friday 12th July, 2019**

Postal Swim Coordinator - PO Box 329, Bunbury WA 6231
or email : secretary@bunburymasters.asn.au

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2019 Winter 3 x 400m Postal Swim Entry Form

Sanction No. PS 04/19

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Club …….……. Club Code ……...……..

Number of entries …… @ $10 ea total $ ....……..……..

Cheques payable to Bunbury Masters Swimming Club OR direct - BSB 136-122 A/C 642137

Your club's email address ……..…….

Your club's postal address for return of certificates/medals ……..……...……

……..…….

The swims can be completed in either a 25m or 50m pool between the 1st May and 30th June 2019. Swimmers need to complete 3 x 400m's in three different strokes (Freestyle, Backstroke, Breaststroke, Butterfly or Individual Medley). Swimmers need not complete all swims on the same day.

Excel entry spreadsheet: This can be downloaded from https://www.bunburymasters.asn.au/
Written entry form: If you cannot return the entries in the spreadsheet please use the form below.

Signature ……..…….

Example

MSA Number	Name	Sex	Age	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley
99999	Ivy Doneit	F	47	7:58.16	8:04.58	8:19.41		
99998	Steve Doneit	M	46	7:53.16			8:08.49	8:14.58

Age as at 31st December

MSA Number	Name	Sex	Age	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley

MSA Number	Name	Sex	Age	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley

Good Luck. Enjoy your swimming