

Bunbury Stingers 2023 Winter 3 x 400m Postal Swim



Sanction PS 02/2023

3 x 400m Winter Postal Swim

Welcome to the 27th annual Bunbury Stingers Postal Swim.

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.
- Every competitor must sign the accompanying waiver form to show they accept the conditions of the postal swim.
- 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 <u>https://www.bunburymasters.asn.au/postal-swim/</u>

Please post your entry to the address below before Friday 14th July, 2023

Postal Swim Coordinator - PO Box 273, Bunbury WA 6231 or email : <u>secretary@bunburymasters.asn.au</u>



Bunbury Stingers 2023 Winter 3 x 400m Postal Swim Entry Form



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Club	Club Code
Number of entries	@ \$12 ea total \$
Cheques payable to Bunbury Masters Swimming Club OR direct	- BSB 036-122 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 of May and the 30th of June 2023. Swimmers need to complete 3 x 400m's in three different strokes (either Freestyle, Backstroke, Breaststroke, Butterfly or Individual Medley). Swimmers need not complete all three 400m 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	Μ	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