

## Bunbury Stingers 2024 Winter 3 x 400m Postal Swim



Sanction PS 02/2024

## 3 x 400m Winter Postal Swim

Welcome to the 28th 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 at 31st December each year).
- Extra copies of the forms and the entry spreadsheet are available from our club website at <a href="https://www.bunburymasters.asn.au/postal-swim/">https://www.bunburymasters.asn.au/postal-swim/</a>

Please post your entry to the address below before Friday 12th July, 2024

Postal Swim Coordinator - PO Box 273, Bunbury WA 6231 or email : <a href="mailto:secretary@bunburymasters.asn.au">secretary@bunburymasters.asn.au</a>



## Bunbury Stingers 2024 Winter 3 x 400m Postal Swim Entry Form



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Club						Club Cod	Club Code			
Number	of entries					@ \$12 e	@ \$12 ea total \$			
Cheque	s payable to Bunbu	ry Mas	sters	Swimming C	lub OR dire	ct - BSB 036	6-122 A/C 64	42137		
Your clu	b'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 1 <sup>st</sup> of May and the 30 <sup>th</sup> of June 2024. 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: Written entry form:		This can be downloaded from <a href="https://www.bunburymasters.asn.au/">https://www.bunburymasters.asn.au/</a> 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	М	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