



## Short Course Relay Carnival



MASTERS  
SWIMMING  
Western Australia

# Golden Groper State Relay Carnival

Open to ALL Western Australian Masters Swimming Clubs

Proudly organised by

**Claremont Masters Swimming Club**

**Saturday, 28 August 2010**

**Warm-up at 12.30pm, races start at 1.00pm**

**Challenge Stadium 25m indoor pool, Mt Claremont**

### Events

1. **4x50m Freestyle Men**
2. **4x50m Freestyle Women**
3. **4x50m Medley Mixed**
4. **4x25m Freestyle Men**
5. **4x25m Freestyle Women**
6. **4x25m Freestyle Mixed**
7. **4x25m Medley Men**
8. **4x25m Medley Women**
9. **4x25m Medley Mixed**
- 10 a, b (if time permits and not for points)
- 10a. **4x100m Freestyle Male**
- 10b. **4x100m Freestyle Female**

- All clubs are invited to submit teams for the events in the standard relay age groups.
- Only one team per age group will qualify for points. Additional teams may be entered.
- Golden Groper Trophy will be awarded to the club with most points. Additional prizes awarded for highest scoring club per age group.
- All clubs are required to provide time keepers. Non swimmers are encouraged to help out with time keeping. Electronic timing will be used so no stop watches are required.
- Entry fees are \$10 per person, which includes event and entry to the pool. Must be collected by team captains and paid at the start of Event 1.
- Complimentary refreshments shall be provided in the Claremont Masters Club Rooms at the conclusion of races.
- Warm-up/cool-down lanes will be available throughout the afternoon.
- ALL swimmers should be available for marshalling at the start of Event 1 regardless of the event they are listed to swim in.
- The event is run in accordance with Masters Swimming Australia Rules at April 2010. (SW10.10-16)
- In accordance with rule SW10/13 swimmers must swim in the order listed on nomination card/entry
- Changes to listed teams will be allowed on the day provided sufficient notice is given.
- Entries are due Friday 20th August 2010. All entries should be submitted in Meet Manager/Team Manager format
- **Please send entries to Richard Johnson [randljohnson@iinet.net.au](mailto:randljohnson@iinet.net.au)**
- For more information contact Nicola Corsbie at [ncorsbie@bigpond.net.au](mailto:ncorsbie@bigpond.net.au)



Department of  
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**BE ACTIVE**