

WINTER SOLSTICE SWIM MEET..



If the thought of swimming in the frigid outdoors leaves you cold.....

REJOICE in the knowledge that summer is coming...

And BATHE in the warmth at the beautiful BIALIK GRINGLAS CENTRE – Hawthorn on June 23rd.

Help us celebrate the Winter Solstice and GET READY FOR SUMMER!

Melbourne H2O Swimming Club warmly invites you to swim at our inaugural annual *WINTER SOLSTICE SWIM MEET*, which we promise will be a little bit different, and LOTS of fun.

PRIZES!

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If you are

- A triathlete wanting to get some winter swim times to see if you are on target for summer
- A lap swimmer who wants to have a go in a race or 3, for fun
- A master swimmer, waterpolo player, lifesaver, or family who wants a goal to train for
- A former swimmer who would like to get back to it
- Or a novice who simply wants a new experience



You do NOT have to be a registered member of any organization in order to compete.



Spot Prizes

Sponsors products available.

Purchase the latest gear at our trade display.

Celebrity Sports Star Appearance

Lucky Seat prizes

Awards will not be given. The aim of this meet is to give swimmers the opportunity to race and get a time, particularly for those who have never raced before, in a fun, encouraging, stress free environment.

However, there will be plenty of spot prizes throughout the night AND we are awarding prizes to swimmers who swim closest (to the nearest hundredth of a second) to their nominated time in those events marked with an asterix*. If you do not enter a time you will not be eligible for a prize on these events.

Information will be progressively posted on the home page of our website

<http://www.h2oswimming.com.au>

along with our Facebook Page

<http://www.facebook.com/MelbourneH2O>

PROGRAMME OF EVENTS..

Please make sure you read all of the following. Bialik is an 8 lane 25 metre, indoor pool.

Warmup 2pm. Meet starts at 2.30 sharp! The pool will be cleared at 2.20pm. One lane will remain open throughout the meet for warm up warm down.

Event #1 400m Freestyle. ++

Event #5 50m BBB

Event #2 50m Freestyle

Event #6* 200m Freestyle

Event #3* 100m Individual Medley

Event #7* 100m BBB

Event #4 100m Freestyle

Event #8 10x50m Freestyle Relay

++ Event #1 Swimmers will be swum 2 per lane and there will be 2 starts with the first swimmer off 'GO' and second swimmer started 15 seconds later. *This event is limited to a maximum of 3 heats (36 swimmers) with an entry time limit of 12 minutes.*

Event #8 Entries for this event will be taken on the day, at the end of the meet. Simply find 10 people on deck and join in the fun.

BBB stands for Butterfly, OR Backstroke OR Breaststroke. Swimmers nominate their preference.



GRIFFIN HOLISTIC SERVICES

Alan Godfrey

Dip Remedial Massage; Dip Fitness;
Masters Swim Coach



MELBOURNE
PHYSIOTHERAPY
PILATES + FITNESS
GROUP



Date: Sunday June 23rd 2pm – 6pm. Warmup 2-2.20PM

Venue: Bialik Gringlas Sports Centre Tooronga Rd Hawthorn.
Note entry via Cato Street.



Entries: Limited to 3 individual events plus relay, followed by dinner (for those who dare) at a nearby venue.

Closing Date: 5PM Friday 14th June



Cost: \$25 per swimmer irrespective of the number of events. Must be 14 years or over. Spectators Free.

Post To: Winter Solstice Meet c/- 38 Grant Street. East Malvern 3145



Payment: Cheque Payable to MH20 Swimming Club attached to entry,
OR Cash or EFT must be received by closing date or entry will not be accepted,
OR **BSB 013350 267223756 Account Name MH20 Swim Meet**
Please send confirmation of payment. **When paying give swimmer's name.**

Queries: reception.h2o@hotmail.com or, watch our website for the latest information



ENTRY FORM

Swimmer's Name: _____

M/F

Are you a member of a Master's Swimming Club?

Yes/No

If yes, which one? _____

If no, would you be interested in joining our swimming club or finding out more about our swimming program for adults? We cater for all ages and abilities from fearful beginners to elite World Masters, along with our kids program. Yes/No

When entering your time please enter to nearest hundredth eg for the 400m you may enter a time of 7 minutes 25 seconds and 78 hundredths which is written 7:25:78. If you do not enter a time you will be seeded into the slowest race.

Event Number	Stroke & Distance	Entry Time mm:ss:hh

In the event we reach our maximum numbers per event and you miss out on any of your preferences, please nominate an alternate event.

Event Number	Stroke & Distance	Entry Time mm:ss:hh

Method of Payment:

Cheque:

Cash:

Direct Transfer

Contact Details: Mobile: _____

Email: _____

Please note the first 100 entries will be accepted. You will be notified via email if your entry is too late. Also note the limit on event number 1.

Please keep a copy for your records.