



**2019 SHORT COURSE QUALIFYING MEET
SUNDAY, 18TH AUGUST 2019 @ SYDNEY OLYMPIC PARK AQUATIC CENTRE**

The meet is now closed, complete, seeded and the final timeline released. We are now ready to run the exciting meet that we have all been looking forward to. Thank you to our major sponsors who are published in our on-line programme and will feature in promotions on the Big Screen over the duration of the day.

Thank you to all of the club member volunteers who have stepped up to assist on our special day. Your assistance is very much appreciated by me and the swimmers of our club who will be the ultimate beneficiaries of your valuable time and effort.

Athletes are to please attend on Sunday and gain access through the front doors at SOPAC upon opening [at 7.30am](#) unless involved with earlier set up and proceed to meet me on pool deck to prepare for our annual meet.

This is an annual target meet and swimmers should refer to the uniform policy. Please wear NACSC costumes for warm up if you have one & a black club cap. NACSC black attire is the order of the day ie: NACSC black shirt or jacket/hoodie and black pants/shorts. (NOTE: if you have been unable to arrange a club shirt as yet, please wear a plain black t-shirt or polo shirt).

Some random photos will be taken during warm up by our photographer, Adam Mobbs as in previous years and many more action shots will be taken over the course of the day.

Following a presentation of their official club embroidered shirts to the 2019/20 Club Captains / Vice Captains, the official team photograph will be choreographed to be taken on the pool edge [at 8.00am](#). Swimmers should assist with getting this sorted quickly - please listen to instruction from our photographer who has given up his time and expertise.

The team will be led in a Team Chant by club captains, Ryan Slaughter and Arianne Thomas. Your vocal support is anticipated so do not be shy.....or this will not work out well.

Swimmers will be invited to commence warm up. It is important that all athletes are aware of their entered events. The warm up pool will be available over the course of the event for timely warm up preparation and swim down recovery.

Relay teams entered for events 29 ; 30 & 31 & will be posted for reference. Any swimmer who is unable to fulfil their relay commitment, should refer their concerns directly to me.

Club Coaches Karen Bentley and Debbie Heyhoe will be seated in the stands and available for assistance with any swimmers who are orphaned by their parents busy with running our meet.

All swimmers should report to either myself or Lisa Thompson at the coach table on pool deck 4 events prior to their event to ensure ample time to report and register in marshalling. The wearing of jackets & shoes to marshalling is sensible to keep muscles warm and prevent cramping. A small marshalling bag containing your cap/goggles/ drink bottle/ snack plus a spare pair of goggles and cap is smart practise. We do not want to delay the meet by arriving late to the marshalling area – so your assistance in this regard is expected. Swimmers should then report back to the coach table as soon as practicable after the completion of their event for a critique/advice etc.

This is a good feel meet but it is a serious qualifying meet and preparation meet for those looking to compete in the upcoming NSW State Short Course Championships -Race Hard !...

We will acknowledge all pb swims from our team and recognise new qualifying times for any championship level on a poster for later reflection.

Lets fly the NACSC banners high and promote a unified team with lots of cheering from the stands and support in marshalling for ALL athletes as this would be a commendable culture.

I wish the club executive and committee organisers, who have been working tirelessly with Officials; Swim Central entries; programmes; sponsorships & donations; raffle prizes; catering etc... to make this meet another great experience for all NACSC & visiting swimmers, all the best for a smooth running , pleasant and profitable day.....GO TEAM !!!!

Jackie Barck
NACSC Head Coach
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