

MSW Speedo Sprint Heats are to be held at Blacktown Pool on Saturday, 1st February 2020

Warm up 1.30pm (meet commences at 2.30pm).

A revised entry list & timeline are available on the Metro South West website.

Parents / Guardians & swimmers are reminded to arrive early to avoid being held up in a long queue waiting to gain access to the pool. Pool entry is payable at the turnstyle.

1.15pm -Swimmers are to meet with Head Coach, Jackie Barck, on the grassed area adjacent to the small learn to swim pool in preparation for activation and stretching. Please bring a skipping rope, drink bottle and wear NACSC black shirt and joggers. We have a chance to show off the new club black polo !

Warm Up for NACSC will commence in the water at the Western end of pool – swimmers should warm up in NACSC training costumes and black cap. Race Starts and Race Finishes will be targeted at the end of lap warm up.

Following warm up, swimmers should proceed to the showers to change into race costumes and consume a healthy snack and drink. Keep muscles warm by wearing a shirt, pants and shoes.

Swimmers are reminded to please make sure that they check where the marshalling area is and that they speak to a coach before proceeding to marshalling. Do not risk missing your event... Please report 3 events prior to your age event.

It is expected to be a very hot day. Drink plenty of water leading up to the meet and consume water and small healthy snacks between events. If the outside pool is open to competitors between events, it is recommended that a short swim down be completed before returning to the grandstand for rest.... Remember: this is not play time – time in the sun mucking around will drain your energy.

Everyone is encouraged to cheer as a group – GO NAC (clap clap clap) when we have a swimmer on the block.

Note: Any athlete who achieves a top 4 placing in their age event in any stroke will be invited to proceed to the Speedo Sprint finals to represent Metro South West – they will be given a MSW cap and shirt to wear at the finals event to be held on the morning of Saturday, 29th February @ SOPAC.

NACSC will also formally recognise finalists with an award at the season presentation evening.



Good Luck to all.....

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