

## SOPAC Swim Team | Club Race Night

Tuesday 23rd February (Long Course)

Start Time 6pm sharp

Event Number	Stroke	Distance
1	Freestyle	400
2	Breaststroke	25
3	Freestyle	100
4	Breaststroke	100
5	Backstroke	200
6	Backstroke	50
7	Butterfly	25
8	Backstroke	100
9	Breaststroke	50
10	Individual Medley	200
11	Freestyle	25
12	Butterfly	100
13	Breaststroke	200

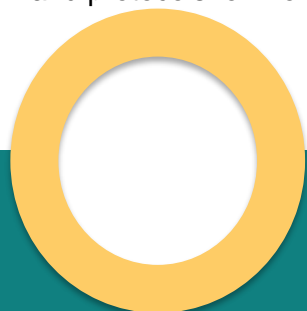
**For more information please contact the SOPAC  
Swim Team Race Secretary  
[clubnightracesecsopacswimclub@gmail.com](mailto:clubnightracesecsopacswimclub@gmail.com)**

### **SOPAC club nights will now use self marshalling.**

If you are unwell, please stay at home and follow the most recent NSW Health Covid-19 protocols of self isolation and testing. Please see club night COVID rules and protocols for more information.

## Conditions Of Entry

- Maximum 3 events per swimmer
- Swimmers **cannot** enter 2 consecutive events
- Entries close at 3.00pm on Friday 19th February 2021.
- The draft program will be posted on Team App in the event section for review on Sunday evening. Any errors need to be sent to the race secretary by 7.00pm Monday 22<sup>nd</sup>. The final program will be posted on Tuesday morning.
- **No late entries will be accepted.**
- Entry fee is \$4.00 per race
- To enter please click on the link <http://sopac.swimming.org.au>
- Typically, entries should be discussed with your coach prior to entering the meet.
- Parents are advised that if your child is swimming you may be rostered as a timekeeper. If you cannot do your duty it is your responsibility to find a replacement. We rely on this support.
- A list of volunteers for the club night will be emailed to all parents prior to the meet.
- Swimmers who are not a member of SOPAC Swim Team are eligible to compete at 2 race nights prior to signing up as a member. Please email entries, name, date of birth to the race secretary (email below).



**SOPAC Swim Team Race Secretary  
[clubnightracesecsopacswimclub@gmail.com](mailto:clubnightracesecsopacswimclub@gmail.com)**