

SOPAC Swim Team | Club Race Night
Friday 16 October 2020 (Long Course)
Start Time 6.00pm sharp

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

For more information please contact the SOPAC
Swim Team Race Secretary
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 Wednesday October, 2020.
- The draft program will be posted on Team App in the event section for review on Thursday morning before midday. Any errors need to be sent to the race secretary by 7.00pm Thursday. The final program will be posted on Friday 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.
- A list of workers 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).

