



## Newington Swim Club – February Official Club Night

- o Wednesday 15<sup>th</sup> February 2022
- o Warm up – 5:00PM / Start – 5:30 PM.
- o Expected Finish 6:30 PM
- o Newington Aquatic Centre, 200 Stanmore Rd, Stanmore (Parking available Newington Rd)

### Event Information

1. This Meet will be run under Swimming NSW Rules and has Metro South East Approval.
2. All events will be swum as timed finals.
3. Entry fees of \$4.00 per event.
4. Entries are online via Swim Central.
  - Entries Open: Friday 10<sup>th</sup> Feb
  - Entries Close: Tuesday 14<sup>th</sup> Feb.
5. No late entries will be accepted.
6. Refunds: Please choose your events carefully as there is a **NO REFUND POLICY applicable to this meet.**
7. Newington reserves the right to vary the program
8. Enquiries should be directed to:  
[newingtonswimmingclub@gmail.com](mailto:newingtonswimmingclub@gmail.com)

#	EVENTS
1	200m Freestyle
2	50m Backstroke
3	100m Breaststroke
4	50m Butterfly
5	100m Freestyle
6	200m Individual Medley
7	50m Breaststroke
8	100m Backstroke
9	50m Freestyle
10	100m Butterfly
11	400m Freestyle
Combined 200m Stroke Events	
12	200m Backstroke
13	200m Breaststroke
14	Over 200m Butterfly
15	100m Individual Medley

### Swimmers check out the following links for some goal times:

Juniors: Check link with JX Times:  
<https://www.teamapp.com/clubs/463390/articles/7008722.html>

Seniors: Check link with Upcoming NSW State Times:  
<https://nsw.swimming.org.au/events/202223-nsw-senior-state-age-championships>



## DURING THE MEET

- Outdoor marshalling area will be held on the night. (Warm clothes encouraged)
- To minimize changeroom traffic, swimmers should arrive dressed ready to swim
  - o (Get in, race, get out).
- No showers will be available to swimmers after their races.
- Swimmers and staff are asked to practice their social distancing throughout the meet.

## SWIM MEET TIPS

- Know your event number and what race you are competing in.
- Have fun and learn from each racing experience.
- Challenge yourself with setting some realistic goals in your races:
- Good streamlines, powerful dive, fast tumble turn, minimize breathing etc.
- Check in with your coach before and after your swim events.
- Rest between events.
- Warm up at the start of the swim meet.
- A small snack & some water between events can help you race fast.