

Dinner

Meet everyone for some food
and wine afterwards at the

West Pymble Bowling Club

Just down from the pool



Thanks

Thanks to everyone who participated.

We hope to do this again!

If you have any suggestions please let us know.

Race to Win, Race to Laugh, Race to the Bar



2016

Seaside Pirates Presents:

The Northern Beaches Challenge

21st August, 2016
Ku-ring-gai Fitness and Aquatic Centre

Rules

Entries

- Entries Close 3:50pm for a 4pm start
- Entries for 50m F/S, 100m Choice and the Relays are to be on entry cards.
- Entries for Flipper and BCK will be taken at the start
- Entry cards require entry time
- Visitors are welcome to swim

Individual Events

- Will be seeded slowest to fastest
- These are not handicapped

Relay Events

- Both heats and finals will be handicapped based on Entry Time
- Entry Time in whole seconds
- Break time will be 2sec per 50m
 - You can only swim faster than your entry time by 4 sec in the 2x50m relay and 10sec in the 10x25m relay
 - If your entry time for the 2x50m F/S relay and you swim 45.9 you will be DQed.
- Each swimmer may only swim once in each relay event
- First and second place teams in each heat will progress through to the finals. Additional teams may also progress to ensure all lanes are occupied, these will be those closest to their entry time.
- The number of heats will determine the number of finals.
- Each club may enter 2 teams in the 10x25m Relay, this will be swam as a final

Program

50m Freestyle

2 x 50m Freestyle Brace Relay

100m Choice

50m Flipper Kick

2 x 50m Freestyle Relay Final

50m Double Arm Backstroke

10 x 25m Freestyle Handicapped Relay

Manly Masters

Seaside Pirates

Warringah Masters

