



RAVENSWOOD SWIMMING CLUB

OFFICIAL CLUB NIGHT SATURDAY 30th July, 2022

Warm up 2:30pm

Racing 3:15pm

Event 1	50m FREESTYLE
Event 2	25M FREESTYLE
Event 3	100m BUTTERFLY
Event 4	50m BREASTSTROKE
Event 5	25m BACKSTROKE
Event 6	100m BACKSTROKE
Event 7	SKINS SHOOTOUT
Event 8	100m BREASTSTROKE
Event 9	25m BREASTSTROKE
Event 10	50m BACKSTROKE
Event 11	100m FREESTYLE
Event 12	50m BUTTERFLY
Event 13	200m CHOICE OF STROKE
Event 14	400m FREESTYLE

Conditions of Entry:

1. Swimmers will be limited to 3 individual events.
2. All Swimming club members are required to enter via Swim Central.
3. Entries Close: Thursday 28th July 2022
4. SKINS SHOOTOUT EVENT. The 6 fastest Female and Male swimmers in the 50m Freestyle will be invited to compete in the SKINS EVENT. Swimmers will be eliminated over 3 rounds for an overall winner.
5. 200m CHOICE Event - Swimmers will be allowed to only enter 1 200m event.
6. COVID PROTOCOLS
 - o If you are unwell, even with very mild symptoms, please stay at home and ensure you do not come on the School grounds until you have recovered.
 - o By visiting Ravenswood, you acknowledge that we operate in accordance with any current NSW Health COVID-19 Public Health Orders and the School's policies and procedures. You also acknowledge and accept that there is a risk that you may be exposed to COVID-19 whilst on our School grounds and confirm you will not attend if displaying any symptoms of illness, and/or are directed to isolate under public health orders.
 - o If you have tested positive for COVID-19 and been onsite in the last seven days, please notify the Head Swimming Coach, Leanne Thompson, by email: ltompson@ravenswood.nsw.edu.au
7. Parents attending the meet will be asked to assist with timekeeping and operations of the meet.