



## COSAC Unofficial January Club Races

(Including Dive and Race Skills Clinic)

Friday 13<sup>th</sup> January 2023

4.00pm – Warm up, Race Skills and Dives lesson

Races Start – 4.45pm | 6.00pm – Finish, time will depend on the number of entries

Gunyama Park Indoor 25m Pool

| EVENT # | EVENT                         | EVENT # | EVENT                 |
|---------|-------------------------------|---------|-----------------------|
| 1       | OPEN 25m Butterfly            | 6       | OPEN 25m Backstroke   |
| 2       | OPEN 50m Backstroke           | 7       | OPEN 50m Breaststroke |
| 3       | OPEN 25m Breaststroke         | 8       | OPEN 25m Freestyle    |
| 4       | OPEN 50m Freestyle            | 9       | OPEN 100m Freestyle   |
|         | Break – Kicking Relay for all |         | Relays for all        |
| 5       | OPEN 50m Butterfly            |         |                       |

**Entries Open Tuesday 20<sup>th</sup> December 2022 @ 9am**

**Entries Close Thursday 12<sup>th</sup> January 2023 @ 8pm**

### Event Information

- Event open to COSAC Club Members and City of Sydney Squad Swimmers (“Cone and Try Trial Session”)
- Limit of 4 entries per swimmer
- All races are mixed gender
- Entries are via Swim Central for club members <https://swimcentral.swimming.org.au/>
- Entries for non-club members is via email to [registrar.cosac@gmail.com](mailto:registrar.cosac@gmail.com) Email must include
  - Swimmers Name
  - Swimmers Date of Birth
  - Event name and number
- Entries Open Tuesday 20<sup>th</sup> December @ 9.00am | Entries Close Thursday 12 January @ 8pm.
- Parents will be asked to assist with time keeping

For more information or help with entries please email [registrar.cosac@gmail.com](mailto:registrar.cosac@gmail.com)