



## COSAC September LC Club Races

Saturday 16<sup>th</sup> September 2023

Warm Up 4:00pm – Races Start 4.20pm

Cook and Phillip Park Pool

4 College St, Sydney

Official Semi – Electronic Timing

EVENT #	EVENT	EVENT #	EVENT
1	OPEN 50 Butterfly	9	OPEN 50m Breaststroke
2 or 3	OPEN 200m Freestyle or Backstroke	10	OPEN 100m Butterfly
4	OPEN 100m Breaststroke	11	OPEN 25m Butterfly
5	OPEN 25m Breaststroke	12	OPEN 50m Freestyle
6	OPEN 50m Backstroke	13	OPEN 100m Backstroke
7	OPEN 200m IM	14 or 15	OPEN 200m Breaststroke or Butterfly
8	OPEN 100m Freestyle		

**Entries Open Monday 4<sup>th</sup> September**

**Entries Close Thursday 14<sup>th</sup> September @ 8pm**

### Event Information

- All Events are mixed gender.
- **Swimmers are limited to 3 Events.**
- Swimmers are encouraged to swim 1 x 200 only this month as we have limited time
- Entries are via Swim Central <https://swimcentral.swimming.org.au/>
- Swimmers must be a member of COSAC to enter.
- **Parents will be asked to assist with time keeping.**
- Meet operated under the rules of SNSW.

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

For information about joining the club or membership questions, please email [registrar.cosac@gmail.com](mailto:registrar.cosac@gmail.com)