



COSAC Come and Try Club Races

Saturday 28th October 2023

4.00pm – Introduction to Swim Club Races – what happens??

4.15 - Warm up

Races Start – 4.30pm | 5.30pm – 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 Saturday 21st October @ 9am

Entries Close Thursday 26th October 2023 @ 8pm

Event Information

- To enter swimmers must set up an account in swim central - <https://swimcentral.swimming.org.au/>
- Then purchase a free Come and Try Membership
- Entries are via Swim Central for club members <https://swimcentral.swimming.org.au/>
- Limit of 4 entries per swimmer
- All races are mixed gender.
- Parents will be asked to assist with time keeping.

Setting up an account with Swim Central

- Please follow the instructions at this link <https://support.swimming.org.au/hc/en-us>
- Click on the getting started button for or instructions
- Once you have an account click on the members/coaches tab for joining
- If you need more information please contact the club registrar @ registrar.cosac@gmail.com

For more information or help with entries please email raceseecretary.cosac@gmail.com