

SUSC February Meet Saturday 15 February 2020

Warm up at 2pm and races commence at 2.45pm

1	200 IM	10	25 Breaststroke
2	25 Butterfly	11	50 Breaststroke
3	50 Butterfly	12	100 Butterfly
4	100 Backstroke	13	200 Freestyle
5	200 Breaststroke	14	25 Freestyle
6	25 Backstroke	15	50 Freestyle
7	50 Backstroke	16	100 Breaststroke
8	100 Freestyle	17	200 Backstroke
9	200 Butterfly		

Choose <u>4</u> individual events ONLY

Please consult your coach prior to entering.

Entry fee: \$4/event for SUSC members, \$7/event for non-members. Entries to be made online via <u>AnotherPB.com</u> using the online entries portal. Entries close 5pm Wednesday 12 February 2020 unless timeline is reached. Meet to finish by 6pm

Run under the rules of Swimming NSW.

Enquiries to: suscracesecretary@gmail.com



Parents & spectators

Club nights are run to give our swimmers the opportunity to practise racing. It is a safe place for the kids to learn the right way of competing – from correct marshalling procedures through to correct race starts, turns and finishes. It also provides our swimmers the chance to make new Personal Bests so that they can go on to compete at higher levels e.g. MetSEA, Metropolitan, State and National Championships

- Remember that children participate in sport for their enjoyment not yours
- Never ridicule or yell at a child for making a mistake or not making a PB
- Respect officials' decisions encourage children to do likewise
- Remember that our officials are all volunteers treat them with respect
- Show appreciation for coaches they want the best for our swimmers
- Applaud good performance and efforts from all individuals and clubs
- Congratulate all participants regardless of the outcome
- Condemn the use of violence, verbal abuse or vilification in any form regardless of whether it is by spectators, coaches, officials or swimmers.
- **Support all policies and practices (lead by example).** This includes responsible alcohol and drug use and support of child safe strategies
- **Respect the rights, dignity and worth of every young person** regardless of their gender, ability, cultural background or religion.
- Ensure you are aware of and follow the correct processes if you have an issue or complaint do not perpetuate issues with gossip or general criticism
- Offer to help with running the club nights many hands make light work!

If you have any issues please speak to the coaches or race secretary who will approach the referee at an appropriate time for any clarification.