

The Tadpole Tales

Newsletter of the Toowoomba AUSSI Masters Swimming Club

August - September 2012



29 Years of Masters Swimming
1983-2012

<http://www.toowoombatadpoles.org.au>



**Back to the refurbished
Glennie pool**

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The President's Pen



I hope that by the time this comes to print, the temperature at Glennie pool has returned to a nice warm swimming temperature, especially following the heating in the Centenary Heights School Pool. We anticipated that the pool would be ready on schedule and comfortable and warm (and it was until the heaters turned off on the weekend before our return). However, the temperature was a bit on the cool side on that first week back, not that that fazed our dedicated swimmers.

During the month, MSQ announced the winners of the participation and improvement program. Many of our members have been participating though out the year and met the requirements set by our committee, to have their name submitted to MSQ for the prize draw. Our club also had members that met the requirements of the improvement program and those members also had their names submitted to MSQ for that prize draw. I am pleased to advise that our club, had members lucky enough to have their names randomly drawn as winners, including Paula DeKeyzer who is going to be enjoying a trip for two to Bali, and Lou Hill and Jane Metcalf who are going to be enjoying some nice shopping time with their \$1000 Westfield Vouchers, and a number of members also won Swimmeroo Vouchers. Our club also received \$2000 to spend on equipment (if you have any ideas for equipment please let me know) and funding for coaches to attend courses/seminars.

As a welcome back to Glennie we will have a BBQ breakfast following swimming on 5 August, and will also present certificates to achievers of the Toowoomba Tadpoles Participation Program. The participation program for next year will commence on 1 September and run to 30 June 2013.

Be Inspired! By the time you read this, the Olympics will be well and truly underway. I always find it is a time to be inspired by the outstanding performances of those exceptional athletes, and try to take a bit of that inspiration into the pool. While not in the pool, congratulations to Len Passier's son, Travis, who is representing Australia in the volleyball. (Len has been a long time member but is taking a bit of a break from swimming this year).

And finally, and maybe most importantly, our swim meet will be held on Saturday 15 September, starting at 12 noon, with warm-up from 11:30am. So, I encourage **all** our members to take that inspiration from the Olympics, nominate for some swims and enjoy the meet. We will also need lots of help on the day with all the jobs that it takes to run the meet. A roster of jobs will be on the sign on table shortly, or see Matt Torr, our Meet Director.

Stephen Gray
President



The Captain's Report



Not allot to talk about this past month, but it is great to be back at "Glennie" (although a little cool on the 23rd). Centenary was a good place to swim, but at times the heat was seriously energy draining and the replacing of the covers at the end of the swim won't be missed (that was sometimes harder than the swim).

Ann, Beres and Rosalie (thanks for getting the entries in early, ladies) are heading off to their next adventure in swimming at the Brisbane North Side swim meet on the 18th of August at the Valley Pool. We wish them all the best and hope they enjoy a successful day in the water.

Finally, I would like to congratulate all the lucky winners of prizes in the MSQ Participation and Improvement programs. They have won some really fantastic prizes, but this would not have happened without the dedicated effort that Stephen, our President who took it upon himself to ensure that our club had significant representation. So once again congratulations and a big thanks to Stephen.

Until next time Fitness, Friendship and Fun

Wayne



Pool Repairs

During the holidays, the old painted surface of the pool was replaced with a new fibreglass lining. Refurbishment included the extension of part of the shallow area to increase learn to swim lessons. This new surface should provide at least 20 years of service making our pool look fantastic. This project was partially funded by a very generous grant from The Anglican School Education Endowment that was received from Perpetual Trustee Company Limited. The finishing touches are still being completed and, as a result the commencement of Learn to Swim for Term 3 have been delayed to Monday 30 July. Thank you for your much appreciated patience during our refurbishment.

Tadpoles Calendar August- October 2012

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
August	30	31	1 August	2	3	4	5 BBQ breaky
	6	7	8	9	10	11	12
	13	14	15	16 Mini meet	17	18 Brisbane Northside	19
	20	21	22	23	24	25 Rum City	26
	27	28	29	30	31		
September						1	2 Mini meet
	3	4	5	6	7	8	9
	10	11	12	13	14	15 Toowoomba Tadpoles	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
October	1	2	3	4	5	6	7 Maryborough Masters
	8	9	10	11	12	13	14
	15 Minimeet	16	17	18	19	20 Redlands Bayside	21
	22	23	24	25	26	27	28
	29	30	31				

Coach's corner

In watching the swimmers at the Olympic Games, I reflected that I, like most of our members, will never have the strength, speed or stamina of any of the swimmers. We can all work toward improving those attributes, by doing extra work, in and out of the pool. What we can also improve is our swimming technique. The way we make our strokes, make our starts, and make our turns. During events like the Olympics there is an excellent opportunity to view how the best in the world perform. If you have time, take the opportunity to watch closely how these swimmers start: their starting position on and off the blocks and entry into the water, and how they kick before they come up; how they do their turns, how they make their touches and their underwater work; and how they make their strokes, look for the stretch of the stroke, the pull through the water and the recovery.

With our club swim meet coming up on 15 September, be sure to have a go at the Mini meet on 16 August or 2 September to get a bit of race practice.

The coaches will also be watching to try and assist any members with stroke improvement, turns, and starts and may be offering more "encouragement" to swimmers leading up to the meet. Try and put in a few hard (maximum pace) laps each time you swim, toward the end (about 3/4 of the way through) of the session. If you need assistance in choosing your events or completing your entry form, please see our Club Captain, Wayne Carlish, and have a great swim meet.



Training information- Mini meets

Proposed dates for 2012

- Thursday 16 August
- Sunday 2 September
- Monday 15 October
- Wednesday 15 November
- Thursday 6 December

Tadpoles swim meet

This year's Tadpoles carnival will be held on 15 September, with warm-up from 11:30am for a 12pm start. We will again be holding the Ergon Energy sponsored Dash-for-Cash event with a \$100 cash prize up for grabs. Presentations will be held at the Gladstone Hotel following the carnival.

As usual we will be looking for members to assist with a number of jobs for the event, including site setup and pack-up, timekeeping, marshalling and preparation of food which can be sold throughout the afternoon. A sheet will be left at the pool to allow members to sign up to assist with various jobs.

We are also looking for donations from members or businesses to be used in the multi-draw raffle. If you know of any businesses who may wish to sponsor the event, either through cash or prizes, please contact Matt Torr who is able to provide you with a letter authorising collection of sponsorship for the carnival, as well as an invoice if required.

If you have any other questions regarding the event, please see Stephen Gray or Matt Torr.

Nominations for the carnival will be open soon. Look forward to seeing you there!

Matt Torr

Swim meet director



***Note: the flyer is attached at the end of the newsletter**

Social snippets

Facebook

Come and join Toowoomba Tadpoles on Facebook. Members can go to the website and click on the Facebook icon and request to be a friend (if you already have a Facebook account)

<http://www.toowoombatadpoles.org.au>

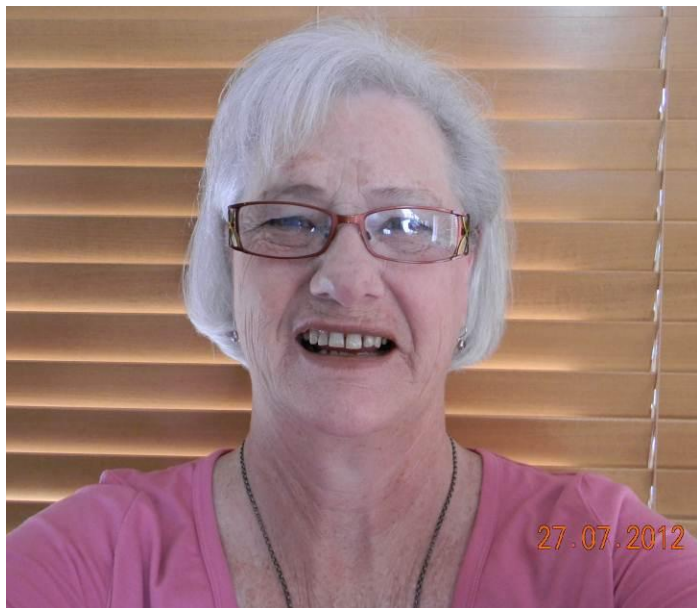


Enjoying a leisurely breakfast at Platform 9 after training in June



Tea, coffee and toast at Sue Walker's place after training in July.

Member Profile: Paula de Keyzer



Too many years ago to mention, I was born in a coastal naval town in The Netherlands. As I was only two when the family boarded a ship and emigrated to Australia, I cannot say if I got my first taste of the water in Holland or Margate on the Redcliffe Peninsula, where we settled. But I can say that many a day was spent at Suttons Beach, “Riding the Ripples at Redcliffe” as we locals would say. However, I never did learn to swim properly – we just paddled, splashed and had a ball. I could do my version of breast stroke and do the dog-paddle but that was it. I didn’t really like going under either, particularly as a teenager, because then my hair would get wet and I wouldn’t catch any boy’s eye! After all, that was the reason you went to the beach, wasn’t it?

In the time I grew up, schools didn’t have swimming pools and Redcliffe only built its public pool long after I had left, so I never had the opportunity of being taught to swim. It wasn’t until I was in my 50’s (just yesterday!) that I actually taught myself to do freestyle and put my head in the water. My sister Mona had been getting some coaching from the Glennie coach in her lunch hour and she told me what she had accomplished (that’s a tale for another time) and so not to be outdone I decided I could do it too!

Late in 2008 I was spending my weekends at Gowrie Junction in my newly-built home and Mona suggested starting swimming on Sunday mornings at Glennie. Well the rest is history. I took to it like a fish to water, er maybe more like a cat to water, but I enjoy swimming over any other type of exercise. Even though I have moved up here permanently, I still only swim once a week so do not have the stamina (yet?) for competition but I enjoy the friendship of members and belonging to the Club. I am very pleased to be able to contribute to the club by being on the Committee – this is my third year.

.....



Lane Warriors

We are nearly there, spring is only a few weeks away and the winter blues will disappear. This will be a good time to ramp up those kilometres in the pool.

The club has swum well over 3.5 million metres so far this year. Included is the summary of the members and effort.

My apologies for the information in the last newsletter the summary sheet was not up to date and a few members were accidentally omitted. If you can't find your name please let me know.

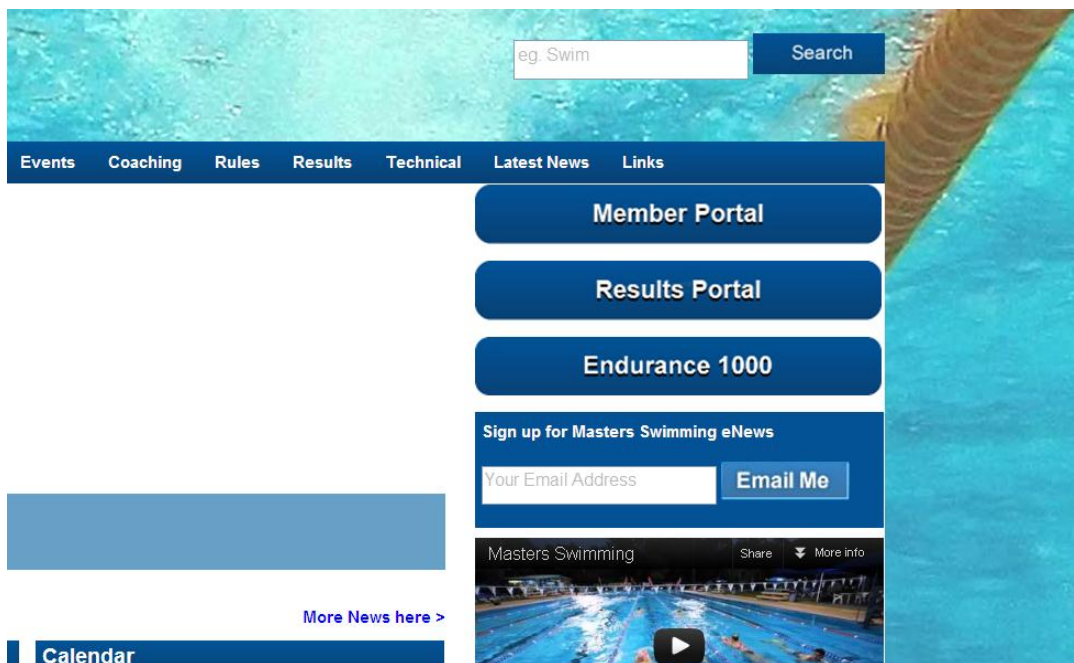
Endurance 1000

Unfortunately this has slowed dramatically; I am sure that now we are all getting back into the swing of things we will have members having a go at some distance swimming.

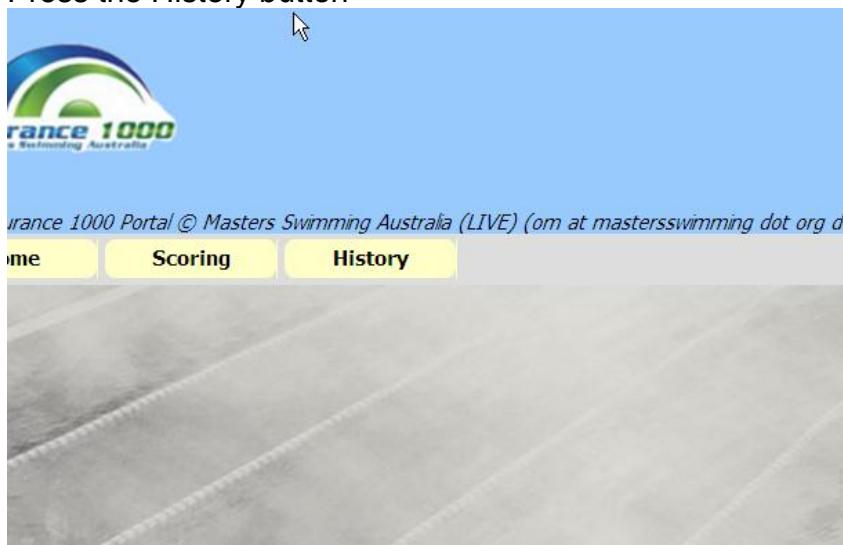
Another way you can check your Endurance 1000 results is to follow the link below

www.mastersswimming.org.au/

and click on the Endurance 1000 button...



Press the History button



Type your surname in

Search by Name or MSA ID

Year Name (or MSA ID)

Automatic name search e.g. fra will find 'Braun , Frank'.

And up come your results

Search by Name or MSA ID

Year Name (or MSA ID)

Automatic name search e.g. fra will find 'Braun , Frank'.

All Results for HILL , LOU in 2012

HILL , LOU [Point: 420]

Freestyle [Point: 110]

MSA ID	Club	Sex	AgeGrp	Course	Distance	Stroke	Result	Split	Point	Date	Location
411351	QTW	M	50-54	S	400m	Freestyle	006:29.42	1	5	08.02.2012	Club Swim
411351	QTW	M	50-54	S	400m	Freestyle	006:28.15	1	5	28.03.2012	Club Swim
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54		400m	Freestyle			0		
411351	QTW	M	50-54	S	800m	Freestyle	013:46.59	1	10	18.01.2012	Club Swim
411351	QTW	M	50-54	S	800m	Freestyle	013:48.88	1	10	25.04.2012	Club Swim
411351	QTW	M	50-54		800m	Freestyle			0		



Lou



Lionel



One night at the Centenary Heights SHS pool.....
 It was cool outside, it was very warm inside. Result.....(photo courtesy of Lou).



The Registrars' Ramblings

Happy Birthday to all the following Tadpoles:
May you enjoy your birthday celebrations and still swim well the next day!



August

Cecily Cooke 4th
Jason Ronan 10th
Kathy Haenke 29th

Ray Smythe 6th
Carolyn Lunney 15th

Phi Fletcher 17th
Marcus Ford 24th

September

Lyn Robinson 5th
Debi McMaster 17th
Stephen Mina 21st
Paula Trezise 29th

Lisa Brown 6th
Paula De Keyzer 19th
Vanessa O'Sullivan 26th

Des McGovern 15th
Jody Keen 21st
Wayne Carlish 28th

NEW MEMBERS

Two new members have joined our ranks during June and July; Carolyn Lunney and Peter May. On behalf of the committee welcome and we hope you enjoy your swimming. So if you see Carolyn or Peter make sure you welcome them to the club.

Membership now stands at 85

NEW MEMBER KITS

In the last newsletter I mentioned that all new members should have their "new member kits" and these have now all been posted. However, there has been a change of policy at the State office and membership cards will no longer be issued. I believe this has come about because everyone can now access their membership number and other information via the QMS (or Tadpoles) web site. If you are having trouble with this or would like to be advised of your number, please contact me and I can forward your details.

Until the next newsletter.
All the best and I hope to see you at the pool

Bill Waterhouse
Registrar



Dates to remember

- Back to Glennie BBQ breaky- Sunday 5th August after training
 - Toowoomba Tadpoles Swim Meet Saturday 15th September-Prizes for Multidraw raffle needed.
-

Upcoming Swim Meets in 2012

Please see the Club Captain if you are interested in going to any of these events.

August					
Posted	18	Brisbane Northside	Short	17/12	The Valley Pool
Posted	25	Rum City	Short	18/12	Bundaberg Swim Academy
September					
Posted	1 – 31 Oct	Aqua Jets	Postal	19/12	
Posted	15	Toowoomba Tadpoles	Short	20/12	Glennie Pool
	15	Atherton Mountaineers	Long	21/12	Atherton Pool
October					
	7	Maryborough Masters	Short	22/12	Maryborough Aquatic Centre
	20	Redlands Bayside	Long	23/12	Cleveland Aquatic Centre
November					
	3	Cairns Mudcrabs	Short	24/12	Gordonvale Aquatic Centre
	8 – 10	PAN PACIFIC M G	Long	25/12	Southport Pool
	11	OWS		26/12	Lake Hugh Muntz
December					
	1	North Mackay Sinkers	Short	27/12	North Mackay State High School
	1	Aqualicious	Long	28/12	Centenary Pool, Spring Hill, Brisbane

This is the link to the Qld Masters swim meet calendar for 2012

https://memberdesq.imgstg.com/index.cfm?fuseaction=custom_data_main&ItemID=46225&OrgID=3400

Copies of the complete 2012 swim meet calendar will be available on the desk at the pool.



Swimming crossword solution from last newsletter

EclipseCrossword.com

Olympics crossword

EclipseCrossword.com

Olympics crossword clues

Across

1. THIS SPORT IS PLAYED ON A TABLE WITH BAT AND BALL
3. THIS SPORT USES FOILS, EPEES AND SABRES
6. THIS BALL SPORT IS PLAYED ON THE LARGEST COURT OF ANY INDOOR BALL SPORT AT THE OLYMPICS
7. A SPORT SHOWCASING A TEST OF PURE STRENGTH
8. TRACK AND FIELD SPORTS
10. THIS SPORT FEATURES DRESSAGE, CROSS-COUNTRY AND A DRAMATIC JUMPING FINALE
12. AN OBSTACLE RACE IN CANOES
16. A SPORT INVOLVING A SHUTTLE COCK
19. A TACTICAL, BODY-TO-BODY CONFRONTATION INVOLVING STRENGTH AND PHYSICAL AND MENTAL SKILLS
21. RACING ON TWO WHEELS ON THE ROAD
23. A WATER SPORT THAT INVOLVES PASSING A BALL INTO THE OTHER TEAMS GOAL
24. A SPORT INVOLVING DRIBBLING A BALL
26. PLAYED WITH RACKET AND BALL THIS SPORT WILL BE PLAYED AT A HISTORIC VENUE
27. COMPETITORS ARE REQUIRED TO CLEAR OBSTACLES SUCH AS PARALLEL RAILS, TRIPLE BARS AND STONE WALLS.
29. A SPORT THAT INVOLVES MOVING THROUGH THE WATER
30. THIS SPORT INVOLVES COMBINATION OF GYMNASTICS AND DANCE.
32. THIS SPORT IS HELD ON WATER OVER A 2000M COURSE
33. A SPORT THAT INVOLVES PLUNGING INTO WATER
34. THIS COMBAT SPORT MAY INVOLVE THROWS, HOLDS, ARMLOCKS AND STRANGLES
35. THIS EVENT TESTS THE ABILITY OF HORSE AND RIDER TO DISPLAY BOTH ATHLETIC PROWESS AND SUPREME ELEGANCE.

DOWN

2. A NET AND BALL GAME PLAYED ON THE BEACH
4. BICYCLE MOTOCROSS
5. ROCKY PATHS, TRICKY CLIMBS AND TECHNICAL DESCENTS PROVIDE PLENTY OF CHALLENGES FOR RIDERS IN THIS SPORT
9. THERE ARE THREE TYPES OF EVENTS IN THIS SPORT: RIFLE, PISTOL AND SHOTGUN
11. A SPORT WHERE PLAYERS HIT A BALL OVER A NET AND TRY TO LAND IT ON THEIR OPPONENTS SIDE OF THE COURT
12. THERE ARE 10 CLASSES IN THIS SPORT, AND IT USED TO BE KNOWN AS YACHTING
13. A SPORT THAT INVOLVES FIGHTING WITH THE FISTS
14. THE ART OR SPORT OF ONE OR MORE SWIMMERS MOVING IN PATTERNS IN THE WATER IN TIME TO MUSIC
15. THIS SPORT INVOLVES THE FLOOR, POMMEL HORSE, RINGS, VAULT, PARALLEL BARS, UNEVEN BARS AND BALANCE BEAM
17. POWERFUL KICKS AND PUNCHES ARE REQUIRED IN THIS SPORT
18. A SPORT PLAYED WITH A ROUND BALL, ON A FIELD
20. THIS SPORT INVOLVES FENCING, SWIMMING, RIDING, RUNNING AND SHOOTING
22. RACING ON TWO WHEELS ON A TRACK
25. A FLATWATER CANOE SPORT
26. THIS SPORT INVOLVES SWIMMING, CYCLING AND RUNNING
28. A SPORT THAT INVOLVES A BOW AND ARROW
31. THIS SPORT IS PLAYED ON A FIELD WITH STICKS AND A BALL



Editor's addition

It's great to see so many people wearing the new club clothing. There are still some items to be collected by members. If you missed out on the first order, see Stephen or me and we can build up another order.

The following article from *The Courier Mail* (Thursday 26 July) was pointed out to me by Wayne. I couldn't help but identify with Kate King the journalist. Whilst I spent many hours at a different pool in my youth, the experiences and enjoyment are very similar.



Regards Sue



This could have been a desirable club clothing accessory for our first week back at the Glennie pool!

Swimming is a golden opportunity

Kate King

SWIMMING changed my life. After two babies and indulging in lots of home baking, my weight ballooned. So 18 months ago, I overhauled my sedentary lifestyle and regained not only a fitter body but also a sense of drive and fire that has spilled out of the pool and into my life.

Recently, a friend with young children declared that she had ceased her daughter's swimming lessons – "She can swim but she's not ever going to be an Olympic swimmer. Where is it going to take her?" Everywhere! I wanted to shake her shoulders and persuade her that being able to swim well is a gift.

Shortly, many Australians will happily endure sleepless nights for an opportunity to witness our top swimmers triumph at the London Olympics. Swimming is a sexy, high-profile sport. In the pursuit of perfection, these athletes train incredibly hard, inspire patriotic sentiment and receive public adoration. In what other Olympic sport can we claim a five-time Olympic gold medal winner? Is it any wonder swimming is so closely tied to high-level competition and winning?

In the early '80s, my parents signed my brother and I up to the Upper Mt Gravatt State School swimming club. I remember the youthful joy of cracking the water with the first dive and the freedom it offered, rising and rolling through the ripples in the after-school training sessions. I also remember the trepidation on Friday club nights, when the aim was to beat your personal best time. But it was the occasional Saturday afternoon inter-school carnival that tested the mettle and ignited the desire to win or build resilience when a silky 1st-place ribbon remained elusive.

Thanks to the construction of a brand new public swimming pool in my suburb, a good dollop of self-motivation and memories of the one physical activity I loved as a child, I have embraced my old friend again. This sport is not just for the elite. Move over Ian Thorpe and Libby Trickett; this is my comeback.



Swimming is metamorphosis. You pull on a different skin. The senses are challenged and in a weightless environment the overall body workout is punishing. Conquer or be conquered.

I no longer lie in bed in the morning debating the pros and cons of rising in the dark early hours. It is habit now. "Just do it" is my maxim. I am adjusting my goggles in the shallow end by 6am three mornings a week, four seasons a year. Little by little, I strive to increase my power and endurance. I am a swimmer.

My body not only looks better for this, my attitude has experienced a makeover, too. The determination to improve and excel is something I hadn't tasted in a long time. It feels natural to transfer that approach to everything else.

But the most important thing is that my kids see me do this. Just as I watched my parents embark on early morning exercise before the days of gym memberships, my daughters see me return with wet hair and hot skin. They know swimming is fun, potentially life-saving and, with Australia's soaring obesity rates, it is another low-cost fitness option.

Proud of my efforts, my husband explained my swimming routine to his mother on the phone the other day. Incredulous, she replied, "What's she doing that for? Is she training for the Olympics?"

Kate King is a Brisbane freelance writer.

Committee contacts

Pres.: Stephen Gray 4639 5665 president@toowoombatadpoles.org.au
Sec: Paula de Keyzer 0402 159 512 secretary@toowoombatadpoles.org.au
Treasurer: Matt Torr 4634 0480
Reg.: Bill Waterhouse 4639 2434
Club Capt: Wayne Carlish 4696 2271
Newsletter Editor: Sue Walker 4638 3572
Endurance 1000 coordinator: Lou Hill 4630 8576
Recorder: Lionel Scotney 4634 2761
Publicity officer: Mona Baker 4637 0712
Social Director: Mona Baker 4637 0712
Swim meet director: Matt Torr
info@ToowoombaTadpoles.org.au
www.toowoombatadpoles.org.au

**Remember to pay your \$3 and sign
the book before entering the water.**

Fun, Fitness and Friendship



Lane Warriors Summary

Adrian_Julie	9750	Edwards_Bob	30700	Lawes_Barb	63150	Richards_Roger	3200
Antonio_Maree	95450			Lawson_Calvin	10000	Robinson_Lyn	43700
		Fargher_Ben	15350	Lee_Jo	32650	Ronan_Jason	39300
Baker_Mona	24050	Fletcher_Phil	49300	Lennon_Max	72350		
Baker_Shayne	9550	Ford_Marcus	110300	Lunney_Carolyn	15150	Scotney_Lionel	60050
Bambrick_Nev	21700			Lutvey_Rosalie	20350	Shackleton_Brian	41700
Beaman_Nigel	136750	Gilliland_Trevor	94550			Stark_Marien	18900
Beattie_Alison	1500	Gray_Stephen	113800	Maclean_Kirsty	20650	Stevens_Dorothy	17050
Biggs_Greg	46325			Maclean_David	13900	Stevens_Hugh	84000
Biggs_Steph	11475	Haenke_Kathy	4550	Martyr_Nichola	10650	Stevens_Malcom	9250
Boland_Kim	39350	Harding_Paula	60375	May_Peter	19850	Stevenson_Kim	39450
Brown_Lisa	6900	Hendy_Carly	94050	McGovern_Des	15150	Stewart_Margaret	23700
		Hill_Lou	267050	McKeon_Kevin	30650		
Carfrae_Meryl	18350	Hills_Robert	13450	McMaster_Debi	69900	Taylor_Narelle	6000
Carlsh_Wayne	220000	Hindman_Beres	8400	McMonagle_Peter	108950	Todd_Ann	17050
Conrick_Margaret	54725			Metcalfe_Jane	13450	Torr_Matt	54500
Cooke_Cecily	8350	Isakka_Simon	32550	Mina_Stephen	32200	Treziase_Paula	22050
Creedon_John	8600			Muller_Sonia	23550	Turner_Peggy	62700
Curtis_Brad	164150	Jones_Alان	19500				
		Keen_Jody	37500	O'Brien_Grahame	36650	Wagner_Debbie	32900
Dampney_Amy	8100	Keen_Nic	31150	O'Gorman_Paul	12950	Walker_Sue	82150
Davidson_Jill	30450			O'Sullivan_Vanessa	45100	Waterhouse_Bill	64450
deKeyzer_Paula	20800					Welke_Ashley	189000
Doyle_Thelma	35550			Parravicini_Colleen	43400	Williams_Richard	20700
				Power_John	43600	Wilson_Judith	28000

Total
3,541,850 metres after swimming on

29/07/2012



Toowoomba Tadpoles

invites all Masters Swimming members to its

Short Course

Swim Meet

Saturday 15 September 2012

The Glennie Aquatic Centre

Vacy Street, Toowoomba

The Glennie Pool meets requirements for records.

Warm-up at 11.30am – Swim Meet starts at 12 Noon

Event 1	100m	Medley
Event 2	50m	Freestyle
Event 3	25m	Butterfly
Event 4	100m	Backstroke
Event 5	50m	Breaststroke
Event 6	25m	Freestyle
Event 7	100m	Butterfly

Break

Event 8	50m	Backstroke
Event 9	25m	Breaststroke
Event 10	100m	Freestyle
Event 11	50m	Butterfly
Event 12	25m	Backstroke
Event 13	100m	Breaststroke

Event 14 Dash for Cash - First Prize \$100

A handicapped Dash for Cash relay event will be held following Event 13. Paired swimmers (one female, one male) will be chosen at random from Event 2 and handicapped based on times swum for Event 2.

Swimmers may nominate for 5 events excluding the Dash for Cash.

Closing Date: Nominations, Summary Sheets and Money are to be received by the Meet Director by **Friday, 31 August 2012.**

Fees: Swim Only **\$23.00** (Cheques payable to "Toowoomba AUSSI Masters"). The swim fee includes pool entry and after swim nibbles and drink. **Payment may be direct deposited to BSB: 638 070 - A/C #: 5191564**

A/C Name: Toowoomba Masters Aussi Inc

Preference is for nominations to be entered electronically (to be emailed direct to the Meet Director, info@ToowoombaTadpoles.org.au).

Point Scoring: Individual Events - 10, 9, 8... 2, 1 basis.

Medical Support: St. John Ambulance will be in attendance.

Timekeeping: Electronic Timing will be used for all events with the exception of 25m events. Could each club please provide timekeepers and watches. Lanes will be allocated.

Presentations: Will be from 4.30pm at the Gladstone Hotel, 526 Ruthven Street, Toowoomba. Competitors will receive a complimentary drink (beer, wine, or soft drink) and nibbles.

All entries and enquiries to the Meet Director
Toowoomba Masters Swimming, PO Box 917, Toowoomba Q
4350 Ph: 07 4634 0480 or info@ToowoombaTadpoles.org.au

By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director to take whatever action is deemed necessary in the event of an emergency, and accept responsibility for any and all costs arising from such action.

Sanction # Q 20/12

TOOWOOMBA TADPOLES

SHORT COURSE SPRING FLING SWIM

Saturday, 15 September 2012



Driving directions to Vacy St, Newtown Queensland 4350

4.8 km – about 10 mins

Via Helen St - [remove](#)

A Warrego Hwy

1. Head south on Warrego Hwy toward Herries St 4.2 km
2. Turn right at Helen St 0.3 km
3. Turn left at Vacy St 0.3 km

B Vacy St
Newtown Queensland 4350

[Save to My Maps](#)

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause



Presentations: Will be at the Gladstone Hotel, 526 Ruthven Street (New England Hwy), Toowoomba from 4.30pm.

Competitors will receive a complimentary drink (beer, wine, or soft drink) and nibbles. Meals available for purchase.

A Vacy St
Toowoomba West QLD 4350

1. Head east on Vacy St towards Helen St 190 m
2. Take the 1st left on to Helen St 200 m
3. Take the 2nd right on to Herries St 1.3 km
4. Turn left at New England Hwy 180 m

B New England Hwy





SUMMARY OF CLUB INDIVIDUAL ENTRIES



CLUB: _____	Q		
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	First Name & Surname	AGE@ 31/12	MEMBER NO. (6 digits)	INDIVIDUAL EVENTS ENTERED <small>Please list event no's in chronological order.</small>					Total # of events entered	Swim Entry Fee	Post Swim Function
1.										\$	
2.										\$	
3.										\$	
4.										\$	
5.										\$	
6.										\$	
7.										\$	
8.										\$	
9.										\$	
10.										\$	

I CERTIFY that those named above are registered members of Masters Swimming and that each entrant's age is correct by virtue of his/her date of birth at the last day of DECEMBER this year.

NAME: _____ PHONE: (H) _____

CLUB POSITION: _____ (w) _____

ADDRESS: _____

	Numbers	@	TOTAL
SWIM Entry Fees		\$23	\$
Post Swim Function		Free	

Payment may be direct deposited to:
BSB: 638070 – A/C#5191564
A/C Name: Toowoomba Masters Aussi Inc