

## AUSSIE MASTERS SWIMMING 2010

### QUEENSLAND STATE SHORTCOURSE TITLES

CAIRNS 12 - 14th March

#### THE STORY SO FAR ....

Aqualicious competed for this title in Cairns in 2005, and then won it in Noosa in 2007 - so we are keen to defend it in 2010 - hopefully winning it for a 2nd time!!!

If you are interested in helping us defend the title, and have not already booked flights please speak to one of the Committee members, or to Coach Lawrie for further information.

#### THE REGISTRATION PROCESS

**Registration morning at the pool**

**Saturday, 6 February 2010**

**Bring your entry fee of \$55**

Relay fees will be paid for by your club.

Each competitor has to fill out paper-based applications as this event cannot be entered on-line.

If you are unable to come along for the registration morning please ensure you have given your entry form and payment to a committee member before that day, or mailed to the Aqualicious post box.

PO Box 428,  
Spring Hill, QLD, 4004

#### WHAT EVENTS AM I GOING TO RACE IN??

Lawrie will devote some of the 6<sup>th</sup> February morning's training to time trials. This will enable those of you who have not swum for a while, or not competed before to have some up-to-date times to enter. Previous results are also available on the Portal: [www.portal.aussi.org.au](http://www.portal.aussi.org.au)

The entry form and the 3 day meet schedule have been emailed to all members (on 20thJan). You can access them online at :

<http://qldmastersswimming.org.au>

#### WHAT AM I GOING TO WEAR??

Shirts and swimwear ....we want everyone swimming in Aqualicious swimwear in Cairns! Caps will be available at a later date, but do not need to be ordered prior.

- \* **Order online** -sizing, designs and pricing are all listed.
- \* Cash orders at the pool Saturday 6<sup>th</sup> February
- \* **Orders close Tuesday 9<sup>th</sup> February.**
- \* **Collection** will be at the pool on **4<sup>th</sup> 6<sup>th</sup> 9<sup>th</sup> March**

#### ACCOMMODATION ARRANGEMENTS...

The team is staying at Coral Towers - 255 The Esplanade, Cairns. Apartments are self contained with full kitchen and laundry facilities.

An email was sent to all registered swimmers on Wed 20 Jan with a list of all of sharing arrangements. **These arrangements may change slightly, but we will keep everyone informed.**

**The club has paid the deposits. Full payment will be required in Cairns-swimmers to pay the hotel directly.**

#### GETTING TO THE POOL...

The meet is at TAS Aquatic Centre, White Rock.

**Warmup starts 3:15pm Friday and 7:15am on Saturday and Sunday!**

The team may hire some vans to transport swimmers to the pool and home. Costs for this will be negotiated shortly. All swimmers will need to contribute to the van hire.

#### TEAM BONDING

A few of our members will be celebrating their birthdays in Cairns, so some celebrations will be in order.

We may attend the presentation lunch Sunday on the pool deck –and are seeking more info on this now. A team dinner will be organised for all swimmers on Sunday night.

#### SWIMMERS ....COME TO THE POOL

#### SATURDAY 6<sup>th</sup> FEBRUARY

- \* Time trials for your events
- \* Bring your printed registration forms
- \* Pay for Cairns
- \* Order and pay cash for club swimwear and shirts

#### CLUB DETAILS

**Email** [gal@aqualicious.com.au](mailto:gal@aqualicious.com.au)

alicious Aussie Masters Swimming Club Incorporated  
ANZ Bank

BSB 014 218

Account 2577 49439 (INCLUDE YOUR SURNAME)