



# WHALES TALES

Saturday 16<sup>th</sup> January, 2021

## \*\*\*Season Program Changes\*\*\*

Following revised dates for state & area championships and the Speedo Sprint meet, some changes have been made to our season program for the remainder of this season. The amended season program can be found at <https://www.merrylandsasc.asn.au/clubraces>

The changes made to the season program have also been updated in the Upcoming Events section of Whales Tales.

Changes have been made to Championship dates, as well as some other program changes for events being held.

The club Championship changes made are:

- 50M Freestyle – moved from 6<sup>th</sup> February to 13<sup>th</sup> February;
- 200M Individual Medley (Senior) – moved from 13<sup>th</sup> February to 6<sup>th</sup> February;
- 1500M Freestyle – moved from 13<sup>th</sup> March to 20<sup>th</sup> March

Please ensure you plan your swims and championship qualification based on the amended program.

## Whales Challenge

Today is the second of the Whales Challenges. The first Whales Challenge saw both teams tie on 1,329 points, so which team will come out on top today, or could we see another tie?

## Merrylands SwimFest

The program and online entries for the Merrylands Swimfest (Saturday 20<sup>th</sup> February, 2021) will be available soon. The Committee has worked hard behind the scenes to ensure we can successfully host the SwimFest this year.

We will be seeking your help for the meet, so please keep the date free. We will not be hosting a Masters Meet prior to the SwimFest this year, so there will be a gap between club races in the morning and the SwimFest commencing at 2.30pm.

## Merrylands 50s

Last Saturday saw 25 swimmers line up for the qualifying heats of the Merrylands 50's. Lane 1 was the gun lane, as all 4 heats were won by the swimmer in that lane.

The semi-finals were held to whittle the field down to 8 swimmers for the final. A hotly contested final saw everyone finish within a 3 second spread.

In a desperately close finish (0.15 seconds between first and third) the results were:

1 <sup>st</sup>	Aisha Abdelraheem	1:01.67
2 <sup>nd</sup>	Ruby Shrestha	1:01.72
3 <sup>rd</sup>	Glenda Wood	1:01.82

Congratulations to Aisha, you outlasted everyone and thank you to everyone who participated in the event.



Great to see all our trained & qualified timekeepers looking down the wall for the finish 😊

## Club Uniforms

Items can be purchased through the club's online shop <https://shop.merrylandsasc.asn.au/club-uniforms>

If you have any questions about club uniforms please talk to the Property Officer (Margaret Edwards).

## COVID-19 Safety Plan & Protocols

Please ensure you regularly check the club website for health updates as changes occur.

Updates that affect our club members can be found online at <https://www.merrylandsasc.asn.au/news>.

Remember:

- Do not come to club activities if you are not feeling well;
- Maintain social distancing by spreading out in areas to sit (do not congregate in areas);
- Only timekeepers, officials & swimmers for the event to be swum should be in the marshalling area;
- Practice good hygiene by washing hands & using hand sanitiser regularly.

## COVID-19 Contact Tracing

Check in processes have been updated and the swimming centre is now using the Service NSW QR code. This means all spectators entering the centre must check-in and out using the Service NSW app. By using this app spectators no longer need to sign-in using the club's QR code. Please ensure you sign-in and sign-out every time you attend the swimming centre.

To download the Service NSW app visit <https://www.nsw.gov.au/covid-19/being-covid-safe/check-in#download-the-service-nsw-app>

## Handy Links – QR Codes

Whales Tales online



Relay Weekly Team form



## Fundraising Chocolates – orders last call

If you are interested in participating in the fundraising please email the Social Secretary (Emily Ton) ([social.secretary@merrylandsasc.asn.au](mailto:social.secretary@merrylandsasc.asn.au)) advising you would like chocolates to sell. Orders will be placed this month, so please let Emily know if you are interested in placing an order.

## Member Profile

Today we learn some interesting information that you may not know about one of our great squad coaches:

<i>Favourite Colour</i>	Purple
<i>Favourite Food</i>	Tacos
<i>Favourite Sport (apart from swimming)</i>	Netball
<i>Favourite Team</i>	Parramatta Eels
<i>Favourite Holiday Place</i>	Greece
<i>Favourite Memory</i>	My 24th (covid safe) birthday last year with my closest friends! A picnic at the beach
<i>Favourite Song</i>	Anything by Harry Styles but if I had to pick one, Golden
<i>Favourite Movie/TV Show</i>	Friends
<i>Career after school</i>	A PDHPE high school teacher and a swimming coach
<i>I like Merrylands Swimming Club because</i>	Of how welcoming and kind everyone is. After leaving for almost 6 years it felt like I never left

If you would like to provide a member profile for inclusion in the Whales Tales please let Graham know.



## Upcoming Events - \*\*\* includes season program changes\*\*\*

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 400metre IM Championship (Open)	Saturday 16 <sup>th</sup> January	Closed
Whales Challenge	Saturday 16 <sup>th</sup> January	Closed
MASC 50metre Butterfly Championship	Saturday 23 <sup>rd</sup> January	Thursday 21 <sup>st</sup> January
MASC 200metre Butterfly Championship (Open)	Saturday 23 <sup>rd</sup> January	Thursday 21 <sup>st</sup> January
MASC 50metre Breaststroke Championship	Saturday 30 <sup>th</sup> January	Thursday 28 <sup>th</sup> January
MASC 200metre Breaststroke Championship (Open)	Saturday 30 <sup>th</sup> January	Thursday 28 <sup>th</sup> January
MASC 200metre IM Championship (Senior)	Saturday 6 <sup>th</sup> February	Thursday 4 <sup>th</sup> February
Speedo Sprint Heats (SOPAC)	Saturday 6 <sup>th</sup> February	Monday 1 <sup>st</sup> February
MASC 50metre Freestyle Championship MASC 25metre Freestyle Championship MASC 200metre Freestyle Championship (Open)	Saturday 13 <sup>th</sup> February	Thursday 11 <sup>th</sup> February
MASC 400metre Freestyle Championship (Open)	Saturday 20 <sup>th</sup> February	Thursday 18 <sup>th</sup> February
Merrylands SwimFest	Saturday 20 <sup>th</sup> February	Not yet open
MASC 400metre Freestyle Championship (Junior)	Saturday 27 <sup>th</sup> February	Thursday 25 <sup>th</sup> February
SNSW Metropolitan Championships (Senior)	Saturday 27 <sup>th</sup> February to Sunday 28 <sup>th</sup> February	Tuesday 16 <sup>th</sup> February
MASC 50metre Backstroke Championship MASC 25metre Backstroke Championship MASC 200metre Backstroke Championship (Open)	Saturday 6 <sup>th</sup> March	Thursday 4 <sup>th</sup> March
Speedo Sprint Finals (SOPAC)	Saturday 6 <sup>th</sup> March	Entry via Heats
MSW Junior Championships (SOPAC)	Saturday 13 <sup>th</sup> March	Friday 5 <sup>th</sup> March
SNSW State Open Championships	Thursday 18 <sup>th</sup> March to Sunday 21 <sup>st</sup> March	Wednesday 3 <sup>rd</sup> March
MASC 1500metre Freestyle Championship (Open)	Saturday 20 <sup>th</sup> March	Thursday 18 <sup>th</sup> March
Whales Challenge	Saturday 20 <sup>th</sup> March	Thursday 18 <sup>th</sup> March
MASC 400metre Freestyle Championship (Senior)	Saturday 27 <sup>th</sup> March	Thursday 25 <sup>th</sup> March
SNSW State Age Junior Championships	Saturday 27 <sup>th</sup> March to Sunday 28 <sup>th</sup> March	Tuesday 16 <sup>th</sup> March

## Sponsors

Thank you to our major sponsors who provide fantastic support to our club.

