



Merrylands Amateur Swimming Club Inc.

WHALES TALES

Saturday 4th January, 2020

Happy New Year!

Welcome back to Swimming Club for 2020! We hope you all had a restful Christmas and New Year and are ready to hit the water for 2020!



Merrylands 50s

The Merrylands 50s are back this week with 30 eager competitors ready to take up the challenge. This Knockout Handicap event consists of 3 rounds – Heats, Semis and Finals – with each round held at different points within this morning's program. The top 4 placed swimmers in each Heat progress onto the Semi-Finals. The top four from each Semi, then progress to the final. The Heats will be held after the 100m Breaststroke, the Semis after the 200m events, and the Final after the 400m events. Can Lisa Shrestha defend her inaugural title?

Timekeepers Practical Assessment

Congratulations to our 13 new timekeepers for completing their practical assessment on Saturday, 21st December. Well done everyone!



Squad Training today

All training sessions will start at 9am today.

Speedo Sprint Series – Metro South West Heats

Entries for the Speedo Sprint Series close on Tuesday, 21st January at 5pm. Swimmers aged 8-13yrs that can swim 50m are encouraged to enter this meet. See the website for details on how to enter.

Campbelltown Masters Meet

The first Masters Meet of 2020 is at Campbelltown on Saturday, 18th January. Entries close on Friday, 10th January at 12 noon. See the website for details on how to enter.

Merrylands SwimFest & Masters Meets – Saturday 22nd February, 2020

Our biggest event this summer and we need all hands on deck either as swimmers and/or helpers.

Our Masters Meet is open to all swimmers 18yrs & Over. You don't need to be a member of Masters Swimming to enter, so if you think you would like to try competing, give it a go! The SwimFest is open to all swimmers and is great practice for school carnivals. See the website for details on how to enter.

Junior, Development and Age Squad Skills & Drills Workshops

These workshops will be held on Thursday mornings during January from 7am to 8:15am. Register on the website if you would like to attend: <https://squadshop.merrylandsasc.asn.au/>

Whales Tales Online

Do you want the weekly Whales Tales delivered straight to your inbox? Scan the QR code with your mobile phone to sign-up online, and never miss the latest news



Sponsors



Thank you to all of our sponsors, please support them whenever you can.