



WHALES TALES

Saturday 6th February, 2021

Merrylands SwimFest

Online entries for the Merrylands SwimFest (Saturday 20th February, 2021) close **TODAY at 5.00 pm**. All members who can swim 50 metres are encouraged to enter. If you have not already entered please do it today and don't miss out.

We are seeking the help of all parents and members who are not competing in the SwimFest as we have many roles to undertake on the day.

More details about the meet can be found at <https://www.merrylandsasc.asn.au/swimfest>

Speedo Sprint Heats

We have a great team of 18 members competing in the Speedo Sprint Heats today at SOPAC. Good luck to those swimming and may the whale be with you all 🐳

MSW LC Junior Championships

The distance events of these championships are being held tomorrow following the Speedo Sprint Heats at SOPAC. Matthew Vici is competing in the 200m Butterfly. Good luck Matthew and may the whale be with you 🐳

The Big Swim

Last Sunday saw the Big Swim (2.8klm) from Palm Beach to Whale Beach held. The male and female events were both won by a Wilson (brother and sister). Our own Wilson (maybe a distant relative 🐳) competed and swam 46:47 to finish 36th out of 337 competitors. A great effort Ian and yes we are proud of you too 🐳

Season Program Changes

Today's championships are one of these changed due to external championship meets being held on the same day. The amended season program can be found at <https://www.merrylandsasc.asn.au/clubbraces>

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

SNSW 5km Open Water Championships

Congratulations to Summer Shrestha and Matthew Vici who both competed for the first time at the championships held last Saturday at the Sydney International Regatta Centre (Penrith Lakes). A great effort and we are very proud of you both 🐳🐳



Summer at the finish line



Matthew at the finish line

Club Uniforms

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

Member Profile

Celebrating her great first ever 5 km Open Water Championship swim we find out some interesting information about Summer Shrestha:

<i>Favourite Colour</i>	<i>Blue</i>
<i>Favourite Food</i>	<i>Pizza</i>
<i>Favourite Sport (apart from swimming)</i>	<i>Touch football</i>
<i>Favourite Team</i>	<i>Parramatta Eels</i>
<i>Favourite Holiday Place</i>	<i>Anywhere near the beach</i>
<i>Favourite Memory</i>	<i>All camping trips</i>
<i>Favourite Song</i>	<i>Frank Ocean – Chanel (Nick Leon Atmosphere Remix)</i>
<i>Favourite Movie/TV Show</i>	<i>The 100</i>
<i>Career after school</i>	<i>Don't know yet</i>
<i>I like Merrylands</i>	<i>Of the friendly environment and the people I surround myself with</i>
<i>Swimming Club because</i>	

Club Championship Results

Congratulations to all swimmers who competed in the Breaststroke Championships last week. Results for the 50m Age Championships were:

Boys 8 Years	
1 st	Lucas Alvarez

Girls 9 Years	
1 st	Chloe Ton
2 nd	Lindsey Matthew

Girls 10 Years	
1 st	Lisa Shrestha

Boys 10 Years	
1 st	Unish Shrestha
2 nd	Joseph Assi
3 rd	Daniel Vivic

Girls 11 Years	
1 st	Avani Pradhan
2 nd	Katrina Matthew

Boys 11 Years	
1 st	Ren Jie Hum

Girls 12 Years	
1 st	Niushka Shrestha
2 nd	Chevelle Fehir
3 rd	Nevah Shrestha

Girls 13 Years	
1 st	Shreya Shrestha

Boys 13 Years	
1 st	Matthew Vivic

Boys 14 Years	
1 st	Elie Menhem

Womens 15 Years	
1 st	Laurabelle Casey
2 nd	Breeanah Khoury
3 rd	Darla Assi

Mens 15 Years	
1 st	Michael Vivic

Senior Womens	
1 st	Katie Hope
2 nd	Sophia Vivic
3 rd	Alison Sakurovs

Senior Mens	
1 st	Brendan Kirkpatrick
2 nd	Peter Johnston
3 rd	Michael Evans

Veteran Womens	
1 st	Kylee Murray
2 nd	Leanne Tovkach

Veteran Mens	
1 st	Graham Edwards

Results for the 25m Championship were:

1 st	Jay Shrestha
2 nd	Ethan Ton
3 rd	William Johnston
4 th	Gabriella Assi

Results for the 200m Butterfly Open Championships:

Womens	
1 st	Katie Hope
2 nd	Sophia Vivic
3 rd	Alison Sakurovs

Mens	
1 st	Brendan Kirkpatrick
2 nd	Peter Johnston
3 rd	Michael Vivic

COVID-19 Contact Tracing

Spectators entering the centre must check-in and out using the Service NSW app which is located at the pool entry. 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



COVID-19 Safety Plan & Protocols

Health updates that affect our club members can be found 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.



Get the latest news and information at:

Club website

<https://www.merrylandsasc.asn.au>

Facebook

<https://www.facebook.com/MerrylandsSwimmingClub>

Sponsors

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



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

MEET NAME	MEET DATE	ENTRY CLOSING
MASC 200metre IM Championship (Senior)	Saturday 6 th February	Closed
Speedo Sprint Heats (SOPAC)	Saturday 6 th February	Closed
MSW Junior Championships (Distance Session Events) (SOPAC)	Saturday 6 th February	Closed
MASC 50metre Freestyle Championship MASC 25metre Freestyle Championship MASC 200metre Freestyle Championship (Open)	Saturday 13 th February	Thursday 11 th February
MASC 400metre Freestyle Championship (Open)	Saturday 20 th February	Thursday 18 th February
Merrylands SwimFest	Saturday 20 th February	Saturday 6th February
MASC 400metre Freestyle Championship (Junior)	Saturday 27 th February	Thursday 25 th February
SNSW Metropolitan Championships (Senior)	Saturday 27 th February to Sunday 28 th February	Tuesday 16 th February
MASC 50metre Backstroke Championship MASC 25metre Backstroke Championship MASC 200metre Backstroke Championship (Open)	Saturday 6 th March	Thursday 4 th March
Speedo Sprint Finals (SOPAC)	Saturday 6 th March	Entry via Heats
MSW Junior Championships (SOPAC)	Saturday 13 th March	Friday 5 th March
SNSW State Open Championships	Thursday 18 th March to Sunday 21 st March	Wednesday 3 rd March
MASC 1500metre Freestyle Championship (Open)	Saturday 20 th March	Thursday 18 th March
Whales Challenge	Saturday 20 th March	Thursday 18 th March
MASC 400metre Freestyle Championship (Senior)	Saturday 27 th March	Thursday 25 th March
SNSW State Age Junior Championships	Saturday 27 th March to Sunday 28 th March	Tuesday 16 th March