



WHALES TALES

Saturday 26th November, 2022

SNSW Junior Metropolitan Championships

Congratulations to Joseph Assi, Ren Jie Hum & Leo Zhu who have all qualified for the Junior Metropolitan Championships being swum at SOPAC this weekend.

Good luck Joseph, Ren & Leo in your swims and may the Whale be with you all 🐳 🐳 🐳

NSW Masters Long Distance Championships

Good luck to Varant Jambazian who is swimming at the Masters Long Distance Championships on Sunday at Birrong Aquatic Centre. Varant is swimming in the 400m Breaststroke & 400m Freestyle events. May the Whale be with you Varant 🐳

Relay Competition

Remember that your relay team needs to complete the weekly form nominating the 4 team members who will swim that week. This form can be completed [here](#).

Lions Club Award

Nominations are open for any member to recognise the service of other members.

You can nominate a club member online [here](#).

Club Uniforms

To order club uniform items go to <https://shop.merrylandsasc.asn.au/club-uniforms>

Membership Cards

Remember to download a copy of your membership card from Swim Central to show to the pool staff if requested when entering the swimming centre. Instructions are [here](#).

Championships Qualifying Times

Our two long distance championships are still to come. Remember to qualify for the 800m Freestyle (17th December) & 1500m Freestyle (18th March) you must have swum under the qualifying times this season prior to the Championship being swum.

The qualifying times for these Championships are:

800m – 6.45:00 in the 400m Freestyle this season

1500m – 6.30:00 in the 400m Freestyle this season

If you are planning to swim in these Championships make sure you have swum your qualifying 400m Freestyle. There are 3 more 400m Freestyle graded race swims still to come before the 800m Freestyle Championships.

Number of Swims Allowed

A reminder that there are limits to the number of swims allowed each week, depending on whether a Championship is being swum. The limits to the number of swims are:

No Championship being swum:

Swimmers can compete in a maximum of three (3) graded races.

Championship being swum:

Swimmers can only compete in two (2) graded races on those days when Age Championship events are held, **except**, on those days where the Championship age precludes a swimmer from competing in the championship. Where the swimmer is precluded from swimming in the Championship event due to their age they may swim in three (3) graded races.

Upcoming Meet Calendar

Check the [website](#) for the full list of upcoming meets, closing dates, programs and qualifying times.

MEET NAME	MEET DATE	ENTRY CLOSING
MSW Long Course Qualifying Meet	8 th January	28 th December
Merrylands SwimFest	18 th February	4 th February

Sponsors

Thank you to our major sponsors who provide fantastic support to our club. If you know of a business or organisation that may be interested in providing sponsorship or support to our club please speak to Graham Edwards.

