



WHALES TALES



Saturday 23rd December, 2023



Christmas Wishes

And that is halfway through the season already, how quickly does it go by?

On behalf of the Committee, I would like to thank everyone for their help with club activities. We wish you and your family a very Merry Christmas, a safe and happy 2024. We look forward to seeing everyone back in the New Year.

This morning's races are our last swims for 2023 as we take a break next Saturday. Club races will resume on Saturday 6th January 2024.

We have novelty races & a breakfast BBQ following races this morning, as well as the draw for the Christmas raffle. Thank you to everyone who has purchased tickets in the raffle and good luck for the draw. Prizes are limited to one per family so that we can spread the cheer as far as possible.

A special thank you to the Abdelraheem family who have donated a jar full of M&M's for a guessing competition. Guesses are \$1 each and the closest guess to the correct number of M&M's in the jar will win them.

State Age Championships

The NSW Senior State Age Championships were held last weekend. Congratulations to Leo Zhu who represented the club at these championships. Leo achieved great results, swimming the 100m Breaststroke in his second-fastest time ever and swam a PB in the 50m Breaststroke 🍀

Whales Challenge #2

Whales Challenge #2 was held last Saturday. The Maroon team took a 1-0 lead into the event, but a great comeback by the White team sees the series tied 1-1. Whales Challenge #3 will be the deciding event and will be held on Saturday 16th March.

Captain's Freestyle Skins

The second Skins series was held last Saturday as part of the Whales Challenge event.

Team Captains were represented by the team's fastest Freestyle swimmers. 8 qualifiers were whittled down to the final 2, with Peter Johnston (Maroon team) just beating Jokubas Urbonas (White team) by 0.29 secs to win the event. Congratulations to both Peter & Jokubas on surviving the heats and making the final 🍀



The Merrylands 50s is back!

The Merrylands 50s is back on our first day back, Saturday, 6th January 2024.

The Merrylands 50s is a knockout handicap competition with 3 rounds: Preliminaries and Semi-Finals, all leading to a Final with a winner-takes-all prize at the end. The top swimmers from each round progress to the next round. Each swimmer is given a time handicap, so everyone has a chance of winning.

To get involved, enter Club Races as usual for the 6th January and select the Merrylands 50s Prelims as one of your events.



Merrylands SwimFest

Have you entered yet? [Entries](#) for the 2024 Merrylands SwimFest are open and are filling fast. Our members get a 25% discount off their entries, so make sure you click the correct button to get your club member rate. Entries close on 3rd February, 2024.

See the [SwimFest](#) section of our website for all the details.

Oh, and as always, we need helpers too! Nominate for a position [here](#).

Speedo Sprint Heats

The Metro South-West Speedo Sprint Heats will be held at SOPAC on Saturday 10th February 2024, commencing at 12.00pm.

This is a great meet for swimmers aged 8 -13 and provides races in each stroke over 50 metres.

We encourage all of our swimmers in these age groups to enter. Entries close Wednesday 31st January 2024.

Swimming Australia National Integrity Framework

Swimming Australia's new National Integrity Framework comes into force on 1st January 2024.

Further details can be found on the Swimming Australia [website](#).

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 |
|------------------------------------|--|------------------------------------|
| Speedo Sprint Heats | Saturday 10 th February | Wednesday 31 st January |
| Merrylands SwimFest | Saturday 17 th February | Saturday, 3 rd February |
| NSW Senior Metrop Championships | Saturday 24 th February & Sunday 25 th February | TBA |
| Speedo Sprint Finals | Saturday 2 nd March | Heat qualification |
| NSW State Open Championships | Friday 15 th March to Sunday 17 th March | TBA |
| NSW Junior State Age Championships | Saturday 23 rd March to Sunday 24 th March | Tuesday 12 th March |

Helping on Saturday Mornings

Thank you to the people who helped set up and pack up last Saturday. Keep it up!

Please:

- Arrive before 6:50am to help setup
- Pickup a stopwatch to time keep – we need 16 timekeepers to provide accurate timing – please don't make us come and ask.
- Help pack up before you leave

Don't know what needs to be done? Ask a member of the Committee and they can point you in the right direction.

Bring a Friend

Do you have a friend who is looking for something to do during the school holidays? Setting a New Year's resolution? Wants to get ready for School Swimming Carnivals?

Why not invite them to club races during January? They can get a free 4-week trial membership and just have to pay their for race entries and pool entry. All the details are [here](#).

Lions Club Award

Recognise the contribution one of your fellow members has made. Nominate them for the Lions Club Award online [here](#).

P-Plate Award

Nominate someone for the P-Plate Award [here](#).



SUMMER

SCHOOL HOLIDAY EVENTS

EVENTS AT CLUB MERRYLANDS

KIDS BOWLS

Tuesday 16 January

Roll up for a fun day on the green
10am 5-12yrs | 11am 12yrs +

Limited places book at www.cumberland.nsw.gov.au/whats-on

KIDS DISCO

Tuesday 16 January | 11am – 1pm

Party with Beatbox2u | Kids of all ages welcome

Free softdrink, party food and prizes to be won

1st 35 registrations receive a FREE Foam Glow stick

Register www.clubmerrylands.com.au/kids-disco-registration

KIDS BINGO

Tuesday 23 January | 10am

WIN Giftcards, prizes and sweets

\$5 per child

Register www.clubmerrylands.com.au/kids-bingo-registration



65 Newman Street Merrylands NSW 2160

☎ 96828000 | 🌐 www.clubmerrylands.com.au | 📱 [clubmerrylands](https://www.facebook.com/clubmerrylands) @clubmerrylands

