



Masters Swimming WA presents the: 2023 Act Belong Commit Country Correspondence Carnival

The Act Belong Commit Country Correspondence Carnival (CCC) meet is open to all affiliated country Masters Clubs and their members and will be conducted in the months of **July to September 2023** by Masters Swimming WA under MSA rules. This is a great meet for country members!

Event Program

Event 1: 50m Free	Event 2: 50m Back	Event 3: 50m Breast
Event 4: 50m Fly	Event 5: 100m Free	Event 6: 100m Back
Event 7: 100m Breast	Event 8: 100m Fly	Event 9: 100m IM
Event 10: 200m Free	Event 11: 200m Back	Event 12: 200m Breast
Event 13: 200m Fly	Event 14: 200m IM	Event 15: 400m Free
Event 16: 400m Back	Event 17: 400m Breast	Event 18: 400m Fly
Event 19: 400m IM	Event 20: 800m Free	Event 21: 800m Back
Event 22: 800m Breast	Event 23: 800m Fly	Event 24: 800m IM
Event 25: 1500m Free	Event 26: 1500m Back	Event 27: 1500m Breast
Event 28: 4 x 50m Relay Mixed Freestyle	Event 29: 4 x 50m Relay Mixed Medley	
Event 30: 4 x 50m Relay Men's Freestyle	Event 31: 4 x 50m Relay Women's Freestyle	
Event 32: 4 x 50m Relay Men's Medley	Event 33: 4 x 50m Relay Women's Medley	

Points are allocated to swimmers and Clubs for each event in 5-year age groups; 10 Pts for first place, 9 pts for second etc. to 1 Pt for 10th and all other participating swimmers.

Each swimmer may compete in a maximum of 8 individual events and 4 relays but only once in each relay event.

Entry is FREE. Clubs submit entries via Team Manager file to Richard Johnson (State Recorder) at recorder@mswa.asn.au. Results file to be emailed to Richard Johnson by Friday 13th October 2023.

The Team Manager file is available for download from the Dropbox shared folder (Masters Sharing).

Suggestions on how to hold events:

- Hold three or four sprints once a week during a Club session followed by a relay.
- On alternative sessions, swim 400, 800 and 1500 metre events - these swims will qualify for both the Vorgee Endurance 1000 (e1000) program and the CCC.