



## Masters Swimming WA presents the: 2024 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 2024** by Masters Swimming WA under MSA rules. This is a great meet for country members!

### Event Program

<b>Event 1:</b> 50m Free	<b>Event 2:</b> 50m Back	<b>Event 3:</b> 50m Breast
<b>Event 4:</b> 50m Fly	<b>Event 5:</b> 100m Free	<b>Event 6:</b> 100m Back
<b>Event 7:</b> 100m Breast	<b>Event 8:</b> 100m Fly	<b>Event 9:</b> 100m IM
<b>Event 10:</b> 200m Free	<b>Event 11:</b> 200m Back	<b>Event 12:</b> 200m Breast
<b>Event 13:</b> 200m Fly	<b>Event 14:</b> 200m IM	<b>Event 15:</b> 400m Free
<b>Event 16:</b> 400m Back	<b>Event 17:</b> 400m Breast	<b>Event 18:</b> 400m Fly
<b>Event 19:</b> 400m IM	<b>Event 20:</b> 800m Free	<b>Event 21:</b> 800m Back
<b>Event 22:</b> 800m Breast	<b>Event 23:</b> 800m Fly	<b>Event 24:</b> 800m IM
<b>Event 25:</b> 1500m Free	<b>Event 26:</b> 1500m Back	<b>Event 27:</b> 1500m Breast
<b>Event 28:</b> 4 x 50m Relay Mixed Freestyle	<b>Event 29:</b> 4 x 50m Relay Mixed Medley	
<b>Event 30:</b> 4 x 50m Relay Men's Freestyle	<b>Event 31:</b> 4 x 50m Relay Women's Freestyle	
<b>Event 32:</b> 4 x 50m Relay Men's Medley	<b>Event 33:</b> 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 10<sup>th</sup> 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](mailto:recorder@mswa.asn.au). Results file to be emailed to Richard Johnson by Friday 13<sup>th</sup> October 2024.

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.