



**Cairns  
Stingrays  
Swimming Club**

the month ahead  
**April**  
at a glance



**Cairns Stingrays  
end-of-season  
Awards  
Presentation  
weekend camp**

**5<sup>th</sup>-7<sup>th</sup> May**

Camp Barrabadeen  
Lake Tinaroo  
Phone: 4091 4387

**CALL TO BOOK YOUR CAMP SPOT**

Pricings will be clarified with members via an email mailout soon



- 1 Visit [www.MSSwimathon.com.au](http://www.MSSwimathon.com.au)
- 2 Click on "Swim Locations"
- 3 Find \_\_\_\_\_
- 4 Click the "Sign Up" button
- 5 At step 3, choose "I want to join an existing team"
- 6 Select our team \_\_\_\_\_
- 7 Complete your registration. **It's that easy!**

With your help, we hope to raise \$ \_\_\_\_\_ to help people living with MS.  
For more information contact \_\_\_\_\_

Thank you for your support! MS Queensland

[www.msaustralia.org.au](http://www.msaustralia.org.au) 07 2840 0812 [facebook.com/MSQueensland](https://www.facebook.com/MSQueensland)

Visit website

**MS SWIMATHON**



**Club Night Notices**

Our season official has finished - we had our last regular weekly club night at the end of March, with a bit of an early Easter celebration. We will start up our winter monthly programme beginning in May, leaving April free! (for a bit of recuperation). Our final quarterly Series Award will be calculated as of this last club night, but the presentation of these will be deferred to our Break-up Presentation camp weekend at Barrabadeen at the beginning of May.

Just a reminder that those planning on going to the camp should have reserved their campsite by now, or should do so ASAP. Alternatively, if you can't make the entire weekend we would love to see members on the Sunday when we hold the Presentations.

**Other events this month:**

MS SWIMATHON – Fri–Sat 20–21 April (overnight) ;

Woree Bicentennial Pool

Friday evening - begins 7pm

Saturday morning - finishes 7am

Entry fee to enroll - see website

The MS Swimathon has been going since 2011, staging a 12-hour non-stop swimming relay for this charitable cause. Woree Pool has hosted the challenge for several years now, with it adopting the now popular overnight format. Come and sign on to join our Stingrays team and share in the

fun and help us raise money for the cause. The more team members, the more we can alternate swimmers, and keep our lap count up. The event is hosted and compered by the MS Swimathon rep volunteers who do a great job in keeping morale going, with music, periodic team updates, prizes; distributing the complementary T-shirts to every participant.

There are two 'Hours-of-Power' where every team tries to swim as many laps within an hour, for which there is a prize for the most. The canteen operates with Stingrays volunteers cooking up a storm for the swimmers, and laying on hearty breakfast burgers for the morning.

Afterwards there is a roundup when results are calculated and winners of the categories presented.

**Stingrays' Dates for your Diary**

**Fri–Sat 20–21 Apr**

MS Swimathon  
overnighter - Woree Pool



Get the following Google Calendars:

**Stingrays Events**

**FNQ Swimming Carnivals**

**State & National Levels**