



Cairns
Stingrays
Swimming Club



The Cairns MS Swimathon is a fundraising event where teams of at least 6 people are sponsored by friends, family and work colleagues to swim in a 12 hour relay; raising vital funds for Queenslanders living with multiple sclerosis (MS).

You don't need to be a 'competitive' swimmer to participate - people of all abilities can join in and take part. You can swim any style or distance that suits you; whether it be 1 or 100 laps in freestyle, breaststroke, sidestroke, or doggy paddle - it is all about participation and raising funds to help beat MS!

This year's event starts from 12 midday until midnight. We usually operate on a rotation system with groups swapping in and out over set time periods, with rest periods in between to suit volunteers. Snack and tuckshop food is available and music and other entertainment / prizes laid on by our hosts.

Visit website

MS SWIMATHON



Cairns Stingrays has now introduced collection points for the recycling of plastic bottles, drink cans and glass bottles in our yellow lid bins. We collect the rebate on these items with all funds going into the club.

**HELP KEEP THIS
POOL, AND OUR
ENVIRONMENT TIDY!**

the month ahead

March

at a glance

CLUB NIGHT NOTICES

There are two Club Nights this month and these will be the last scheduled club nights for this official season, dates shown at right; There will be one more Series Awards to present with the winner receiving their personalised Stingrays towel. Our final Club Night (27 Mar) will also be our official opening of the new Training Centre building, with press and officials attending - this will include a short multimedia presentation and plaque unveiling. The evening will also include our traditional Easter celebration with chocolate prizes for everyone. These last club nights are the last opportunity to obtain points towards your child's overall accrued score based on attendance and their swim improvement over the season, and their end-of-season award (details outlining this can be found in your handbook). More details will come in next month's newsletter about this.

THIS MONTH'S CARNIVALS

FNQ LC CHAMPIONSHIPS - Sat-Sun 14-15 March;
Marlin Coast (Smithfield) Pool
Saturday - doors open 7am for 8am start
Sunday - 8am for a 9am start

Entry cost \$4 per adult (each day)

Nominations close Fri 6 March.

Swimmers must have times.

The finale of the season - This is the culminating regional championships where we showcase our club amongst all the others. Everyone remember your shirts, and coach is practising a new routine with squad for the march past, involving costumes and a warcry. This occurs on Saturday morning after the first session of medley relay races and the 800FREE; followed by session 2 for the rest of the day. Coach has earmarked our members into relay teams, but may be subject to alteration on the day. Sunday begins with session 3 of the programme, starting with the 1500FREE, then freestyle relays and the 200IM, followed by session 4 various races for the remainder of the day, and concluding with the medal and awards presentation. Presentation of Age Champion, multi-class winners and overall club shields will be presented approximately 30 minutes after the conclusion of the meet.

Stingrays' Dates for your Diary

Sat-Sun 14-15 Mar

FNQ LC Championships
venue: Marlin Coast Pool

Fri 20 Mar

Club Night #11

Sat 21 Mar

MS Swimathon
venue: Woree Aquatic Centre



Sat-Sun 21-22 Mar

2020 Speedo National Preparation Meet
venue: Brisbane Aquatic Centre

Fri 27 Mar

Club Night #12 (Series Awards #4),
Stingrays Training Room Grand Opening
and Easter Break-up

Get the following Google Calendars:

- **Stingrays Events**
- **FNQ Swimming Carnivals**
- **State & National Levels**



This meet is designed to provide a quality preparation meet for swimmers competing at the 2020 Australian Age Championships and 2020 Australian Swimming Championships.

This year, the meet will again incorporate the Jess Schipper Challenge to give a high calibre end-of-season racing opportunity at the Brisbane Aquatic Centre for:

- girls aged 13 and 14 years who have not qualified for the Australian Age Championships,
- boys aged 14 years who have not qualified for those Championships,
- boys aged 13 years, and
- boys and girls aged 11 and 12 years.

NOMINATIONS CLOSE MIDNIGHT TUESDAY 10 MAR.