

Marlin Coast Long Course

MARLIN COAST KICK-OFF MEET DATE: 2-3 OCTOBER 2020: VENUE: SMITHFIELD POOL **3** PARTICIPANTS (ABSENT SHOWN IN BRACES): Jessica Deane; Lennard Mueller; Maximilian Mueller; (Joel Turnbull)



STATISTICS			
	TOTAL	MALE	Female
Swimmers	3	2	I
Swim entries	13	8	5
First time swims	0	0	0
No Swims	1	0	1
DQ's	0	0	0
Improvements	9	6	3
Improvement %age	75%	75%	75%

Season 2020-21

First Long Course Carnival

Results



The long course season started with the Marlin Coast 'Kick-off' Meet at their pool in Smithfield over two days, a Friday evening and Saturday. Friday consisted of a mix of 100m and 200m races, together with the 400m Freestyle and 200 IM.

Saturday session 2 was composed of the 50m,

and 25m races in each stroke, ending with the 1500m Free prior to a 20-minute break for lunch. Session 3 saw the remaining 100m and 200m events interspersed with the 800m Free and finishing with the 400 IM.

Jessica improved three of her five races, coming first in the Girls Open 50Free, and second in the Girls Open 50Fly. Lennard achieved two improvements of his four races while his brother Maximilian improved in all of his four events; well done by all involved.







in the 50m Breaststroke



