



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!

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

After a couple of cancelled Club Nights in January/February we trust March will go as planned! There are four Club Nights this month, dates shown below; because of the cancellations our numbering system may be out of whack between here and what's shown on our website etc. We trust you can follow everything! There will be one more Series Awards to present with the winner receiving their personalised Stingrays towel. The last two Club Nights will contribute to the overall improvement through the year. Refer to the section in our Handbook for the criteria required to determine which category your child/ren may be due to receive; there is still time to improve in these last few weeks to gain a better overall score.

THIS MONTH'S CARNIVALS

FNQ LC CHAMPIONSHIPS - Sat-Sun 9-10 March ; Tobruk Memorial Pool

Saturday - doors open 7am for 8am start

Sunday - 8am for a 9am start

Entry cost \$4 per adult (each day)

Nominations close Fri 1 March. Swimmers must have times.

The finale of the season - all teams parade in their club colours - or costumes - for the March Past, followed by a full program of events; prizegiving ceremony at the end. This is the culminating regional championships where we showcase our club amongst all the others. Everyone remember your shirts, and we try to

come up with a new routine for the march past each year. This occurs on saturday morning after the first session of long-distance races, then followed by session 2 for the rest of the day, with relays in the middle. Relay teams will be selected on the day, composed of as many swimmers that are willing to take part; Sunday begins with session 3 of the programme, finishing with medley relay races and, concluding with a medal and awards presentation. Awards will comprise, The FNQ Swimming Annual McDonalds Awards; medals for the first three place-getters on the day (per event, per age-group; other requirements apply - see flyer); Age-Aggregate Awards for the season; the "Complete Swimmers Medal", & Overall Champion Club and Champion Relay Club awards.

TAS ADDITIONAL PREP MEET - Sat 23 March
Details to be forwarded when available.

This is a late addition to the carnival programme aimed at giving swimmers an extra chance of obtaining qualifying times for State or National events.

Stingrays' Dates for your Diary

Fri 1 Mar

Club Night #12

Sat-Sun 9-10 Mar

FNQ LC Championships
venue: Tobruk Memorial Pool

Fri 15 Mar

Club Night #13

Sat 16 Mar

MS Swimathon
venue: Woree Aquatic Centre



Fri 22 Mar

Club Night #14

Sat 23 Mar

TAS Additional LC Preparation Meet
venue: TAS Aquatic Centre

Fri 29 Mar

Club Night #15

Get the following Google Calendars:

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