



## SWIMMING METRO NORTH EAST

### 2022 LC DISTANCE MEET

*Sunday 30 October 2022 at Pymble Ladies College Aquatic Centre*

#### 8.45 am – 1.00 pm

**Referee M**

Jerome Lagonilla (Warringah)

**Referee F**

Heidi Roche (T) (Ku-ring-gai)

**Starter M**

Eydis Konradsdottir (T) (Knox)

**Starter F**

Larisa Bychenkova (Seahorses)

**JOS 1**

Toby Williams (Warringah)

**JOS 2**

Anna Pleadin (T) (Hunters Hill)

**JOS 3**

Danni Johnson (Warringah)

**JOS 4**

Kaye Chan (Narrabeen)

**Help Desk/Check Starter**

Gill Cuthbert (Warringah)

Jules Dixon (Narrabeen)

Avona Cox (Knox)

**AOE Operator**

Cherry Smith (Visitor)

**Meet Manager Operator**

Paula Hennessy (Knox)

**Recorder**

Michelle Thacker (Narrabeen)

Jane Robertson (Warringah)

**Chief Timekeeper**

Chris Saaga (Knox)

**Announcer**

Chris Saaga (Knox)

**Meet Director**

Ariel Darley (Warringah)

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#### **DRESS REQUIREMENTS:**

**Female:** SMNE shirt, black skirt or black tailored slacks, with black shoes

**Male:** SMNE shirt, long black slacks with black socks, black shoes

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*If you are unable to attend any session(s) that you are rostered for,  
please contact Toby Williams on 0430 736 049.*