



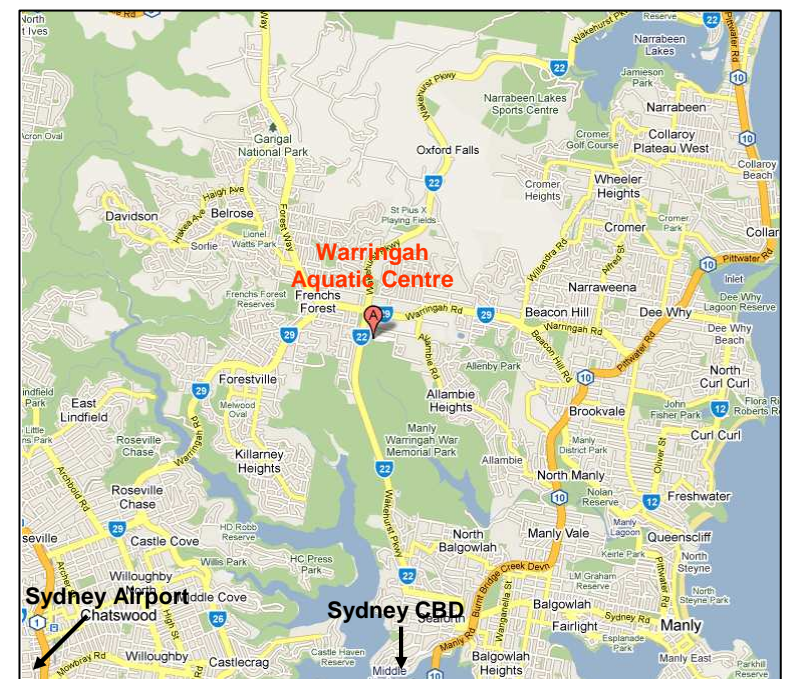
Synchronized Swimming Australia
OPEN & AGE GROUP CHAMPIONSHIPS 2010

1. Competition programme

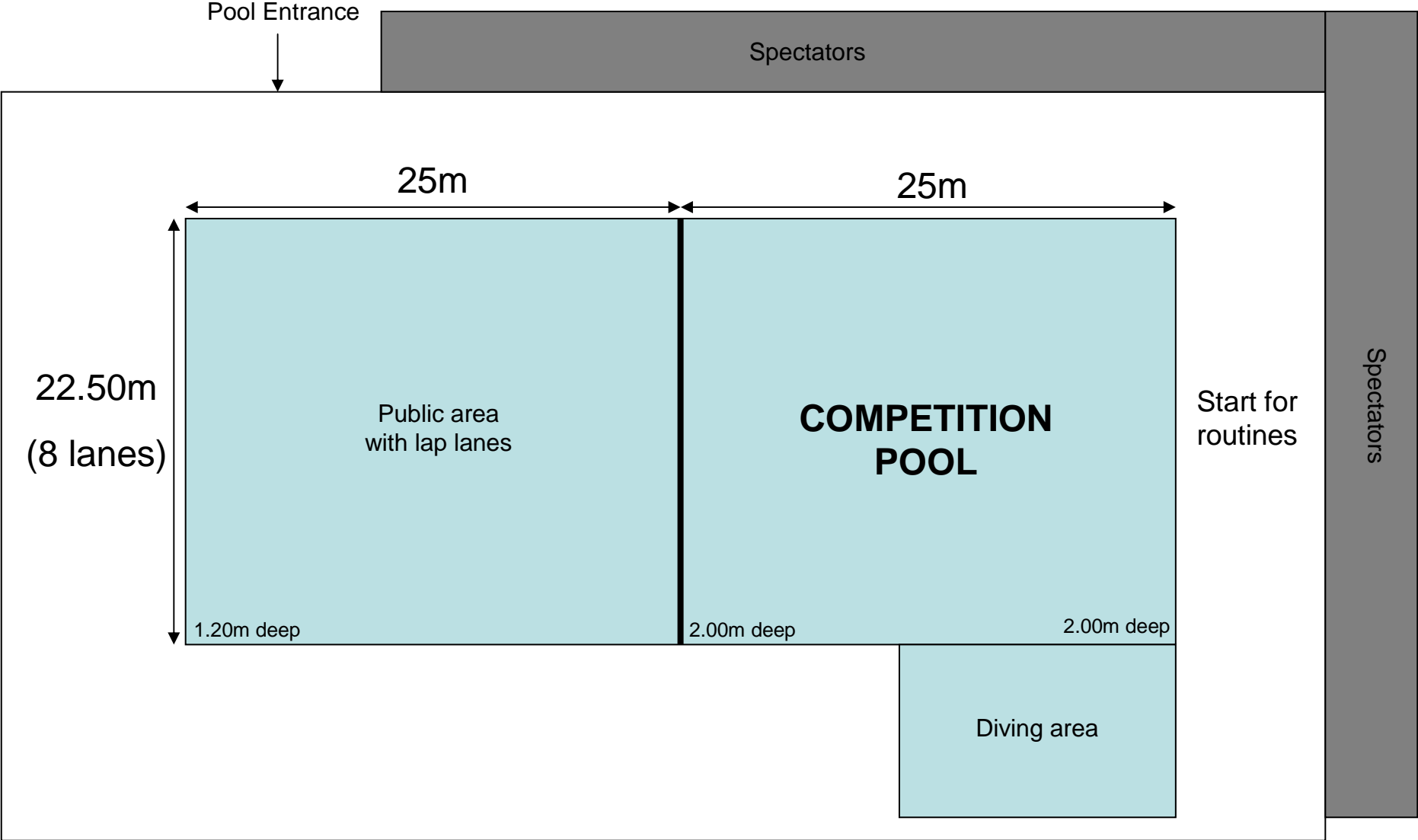
- Dates Saturday 3rd April 2010 – All day (8am – 6pm)
 Sunday 4th April 2010 – All day (8am – 6pm)
 Monday 5th April 2010 – Morning (8am - 12pm) - TBC
- Training Saturday morning will be dedicated to training for all clubs and countries. Synchro NSW clubs will be first. Please send your arrival times to the Meet manager so we can organise your training.
- Competition The competition schedule will be sent to all participating clubs and countries in January 2010.
- If the number of entries is limited, then the competition will be conducted during two days only (Saturday and Sunday).** Please plan your travel and accommodation accordingly.
- Note that the pool will be closed on Friday 2nd April 2010 (Easter) so no training will be possible on that day.

2. Warringah Aquatic Centre (Sydney North Shore)

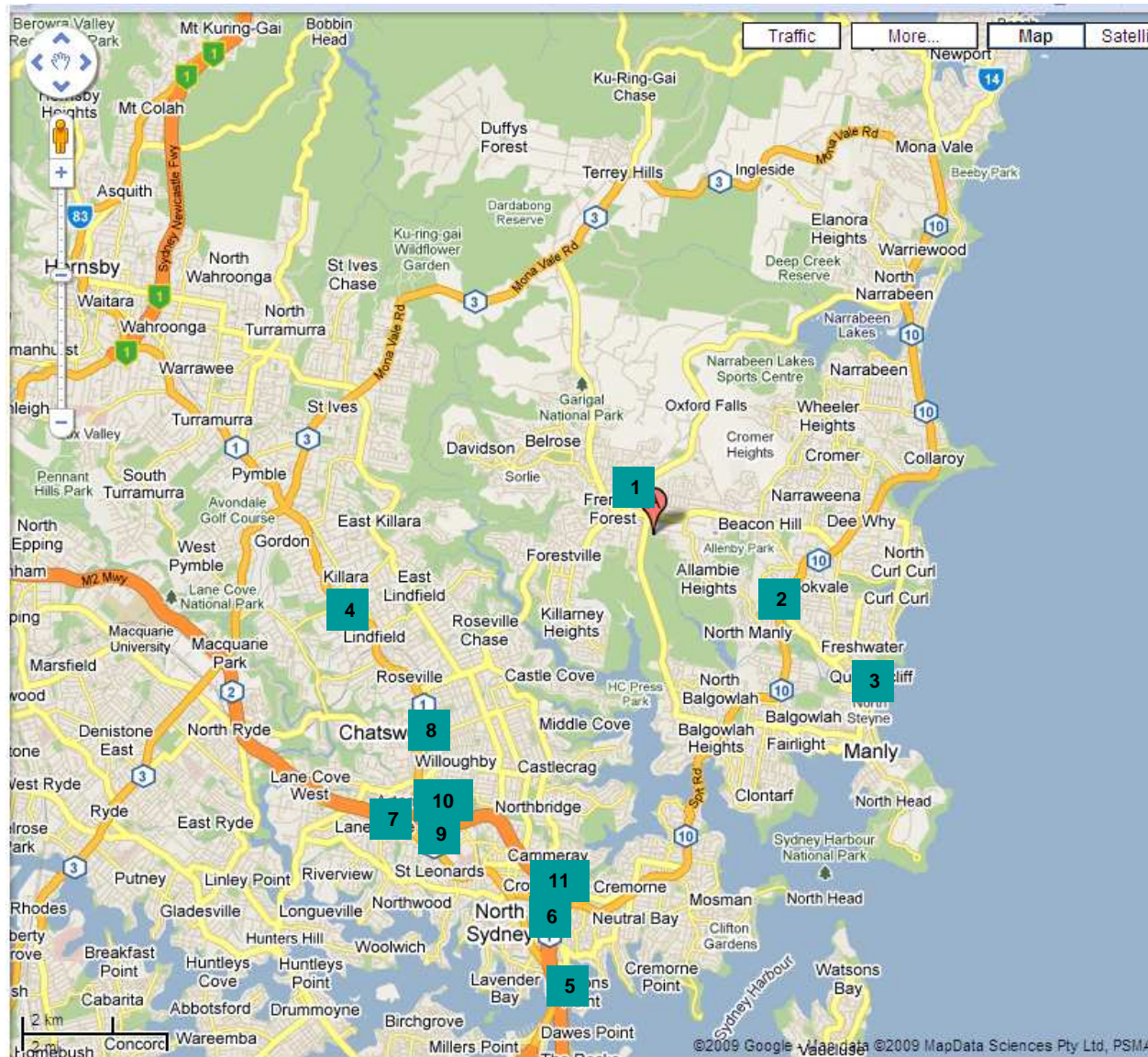
Address	Aquatic Drive, Frenchs Forest NSW 2086 Australia
Phone	+61 (2) 9451 8000
Parking available	
Directions:	
From Sydney Airport:	By car or taxi: 30 minutes (taxi will cost approx. AU\$70/80) By public transport: a bit over one hour (train and express bus)
From Sydney CBD:	By car or taxi: 20 minutes (taxi will cost approx. AU\$30/40) By public transport: 30 minutes (express bus)
Pool details	Indoor pool, 25m x 8 lanes, 2m deep
Warm up	Athletes will be able to warm up during routines in the diving or public pools



2. Warringah Aquatic Centre (continued)



3. Accommodation



1. Parkway hotel motel
2. Travelodge Manly-Warringah
3. Manly Seaview hotel
4. Killara Inn Hotel & Conference Centre
5. Glenferrie Lodge
6. North Shore Hotel, North Sydney
7. Comfort Inn North Shore
8. The Charrington of Chatswood
9. North Shore Inn
10. Medina Classic Crows Nest
11. McLaren Hotel, North Sydney

Most accommodation featured in this document is bookable through www.wotif.com

3. Accommodation (continued)

Within walking distance to the pool (10 minutes):

1. Parkway hotel motel

Address 5 Frenchs Forest Rd, Frenchs Forest NSW 2086
Phone +61 2 9451 3699
Type Hotel (10 rooms available: 2 rooms 1 double bed, 1 rooms 3 single bed, 7 rooms 1 double and 1 single,
Cost 1 person AU\$85, 2 people AU\$95, 3 people AU\$105. Breakfast included. No dinner available on Sunday nights.

Within 10 minutes drive to the pool:

2. Travelodge Manly-Warringah

Address 4-10 Victor Road, Brookvale NSW 2100
Phone +61 2 8978 1200
Website www.travelodge.com.au
Type 4-star Hotel
Cost Approx. AU\$155/ standard double room / night

3. Manly Seaview hotel

Address 19 Pacific Street - Manly 2095 NSW
Phone +61 2 9977 1774
Website www.manlyseaviewmotel.com.au
Type Hotel and self-contained apartments
Cost Approx. AU\$140 / standard room / night

4. Killara Inn Hotel & Conference Centre

Address 480 Pacific Highway, Killara NSW 2071
Phone +61 2 9416 1344
Website www.killarainn.com.au
Type 3.5-star hotel rooms and apartments
Cost Approx. AU\$105 / twin room/ night
Bookings info@killarainn.com.au

3. Accommodation (continued)

Within 15 to 25 minutes drive to the pool:

5. Glenferrie Lodge

Address 12 Carabella Street - Kirribilli 2061 NSW
Phone +61 2 9955 1685
Website www.glenferrielodge.com
Type 3-star hotel
Cost Approx. AU\$100 / twin room / night (inc. breakfast)

6. North Shore Hotel, North Sydney

Address 310 Miller Street - North Sydney 2060 NSW
Phone +61 2 9955 1012
Website www.northshorehotel.com.au
Type 2.5-star hotel
Cost Approx. AU\$100 / standard room / night

7. Comfort Inn North Shore

Address 1 Gatacre Avenue (off Pacific Highway) - Lane Cove, Sydney, NSW, 2066
Phone +61 2 9427 0266
Website www.comfortinnnorthshore.com.au
Type 3.5-star motel
Booking: reservations@comfortinnnorthshore.com.au
Cost Approx. AU\$100 / standard room / night

8. The Charrington of Chatswood

Address 22 Centennial Ave, Chatswood, Sydney, NSW 2067
Phone +61 2 9419 8461
Website www.charringtonhotel.com
Type 3.5-star boutique hotel
Cost Approx. AU\$120 / traditional twin apt / night

3. Accommodation (continued)

Within 15 to 25 minutes drive to the pool:

9. North Shore Inn

Address 220 Pacific Highway - Crows Nest 2065 NSW
Type 3.5-star hotel
Cost Approx. AU\$130 / twin room / night

10. Medina Classic Crows Nest

Address 167 Willoughby Road - Crows Nest 2065 NSW
Phone +61 2 9430 1400
Type 3.5-star self-contained apartments
Cost Approx. AU\$140 / one-bedroom apt / night

11. McLaren Hotel, North Sydney

Address 25 McLaren Street - North Sydney 2060 NSW
Phone +61 2 9954 4622
Website www.mclarenhotel.com.au
Type 3.5-star hotel
Cost Approx. AU\$140 / standard room / night

3. Food & Beverage

Lunch boxes will be available for Saturday and Sunday lunches. It will include:

33cl bottle of water or a juice, sandwich or salad, yogurt and fruit

Cost is AU\$10 / box (one box per person).

If you want to order the lunch box, please advise the Meet Manager by providing the following information:

- Club or country name,
- Number of boxes required per day,
- Which of the 3 options you want: Saturday and Sunday, Saturday only or Sunday only,
- Any special food requirements

The lunch boxes will have to be paid to Synchro NSW at the same time as the competition entry fees (End of February).

4. Contact

For any questions, please do not hesitate to contact:

Myriam Glez, Meet Manager, Synchro NSW

Email: glez.myriam@gmail.com

Phone: +61 449 880 596