



swimming metro
SOUTH WEST

LONG COURSE SPRING MEET

Sunday 23rd October 2011
Sydney Olympic Park Aquatic Centre
(50m Long Course Pool)

Warm Up: 8.00am

Start 9:00am

Event					Event				
B	G	AGE	Distance & Stroke	QT	B	G	AGE	Distance & Stroke	QT
1	2	9/10	100m BACK	2:10.00	41	42	9/10	100m FLY	2:10.00
3	4	11/12 Yrs	100m BACK	2:00.00	43	44	11/12 Yrs	100m FLY	2:00.00
5	6	Open	100m BACK	1:50.00	45	46	Open	100m FLY	1:50.00
7	8	8/Under	50m FLY	1:10.00	47	48	8/Under	50m FREE	1:00.00
9	10	9 Yrs	50m FLY	1:05.00	49	50	9 Yrs	50m FREE	55.00
11	12	10 Yrs	50m FLY	1:00.00	51	52	10 Yrs	50m FREE	50.00
13	14	Open	50m FLY	40.00	53	54	Open	50m FREE	35.00
15	16	11 Yrs	50m FLY	55.00	55	56	11 Yrs	50m FREE	45.00
17	18	12 Yrs	50m FLY	50.00	57	58	12 Yrs	50m FREE	40.00
19	20	Open	100m BREAST	2:00.00	59	60	Open	100m FREE	1:35.00
21	22	9/10	100m BREAST	2:20.00	61	62	9/10	100m FREE	1:55.00
23	24	11/12 Yrs	100m BREAST	2:10.00	63	64	11/12 Yrs	100m FREE	1:45.00
25	26	8/Under	50m BACK	1:10.00	65	66	8/Under	50m BREAST	1:15.00
27	28	9 Yrs	50m BACK	1:05.00	67	68	9 Yrs	50m BREAST	1:10.00
29	30	10 Yrs	50m BACK	1:00.00	69	70	10 Yrs	50m BREAST	1:05.00
31	32	Open	50m BACK	40.00	71	72	Open	50m BREAST	50.00
33	34	11 Yrs	50m BACK	55.00	73	74	11 Yrs	50m BREAST	1:00.00
35	36	12 Yrs	50m BACK	50.00	75	76	12 Yrs	50m BREAST	55.00
37	Mixed	10yr/Under	FREE RELAY	4:00.00	77	Mixed	10yr/Under	MEDLEY RELAY	4:30.00
38	Mixed	11/12 Yrs	FREE RELAY	3:30.00	78	Mixed	11/12 Yrs	MEDLEY RELAY	4:00.00
39	Mixed	Open	FREE RELAY	3:00.00	79	Mixed	Open	MEDLEY RELAY	3:30.00

CONDITIONS OF ENTRY

- The Meet will be conducted under rules of SNSW & SAL and is Area approved & hosted.
- This meet will be limited to 2200 individual entries (Relays excluded)**
- All events are timed finals.
- The Meet Director reserves the right to vary all conditions applying to this Meet.
- Entries to be on SNSW *multi entry cards* with Summary Sheets
- Age as at: 23rd October 2011.
- Entry fees are: \$6.00per event.
- Relays \$10-00 per team (Must have one boy/girl in each team) **Entries taken for relays on the day.**
- Entries close: Monday 11th October 2011**
- Cheques made payable to Swimming Metro South West. Electronic banking details available on request
- Pool Entry Fee \$4-00 per adult person. Swimmers Free.
- Medals will be awarded to 1st, 2nd, 3rd in all age groups including dual age events (except relays).
- Programs \$4-00.
- No Late or Phone Entries will be accepted
- Forward entries to the Registrar:**
Enquiries: Kathy Thompson 0419 144524

215, York Road, South Penrith NSW 2750.
registrar@metrosw.org.au