



SLC Aquadot Swim Team

SUMMER QUALIFYING TIME TRIALS

Saturday 29 October 2011

Sutherland Leisure Centre, Rawson Avenue, Sutherland

Warm up – not before 3.00pm

Start – not before 3.30pm

| Event | Age | Distance | Stroke | Capacity |
|-------|---------|----------|--|----------|
| 1 | 13/Over | 400m | Mixed freestyle, IM | 3 heats |
| 2 | 13/Over | 50m | Mixed freestyle, backstroke, breaststroke, butterfly | 10 heats |
| 3 | 13/Over | 200m | Mixed freestyle, backstroke, breaststroke, butterfly, IM | 6 heats |
| 4 | 13/Over | 800m | Mixed freestyle | 1 heat |
| 5 | 13/Over | 100m | Mixed freestyle, backstroke, breaststroke, butterfly | 8 heats |
| 6 | 13/Over | 1500m | Mixed freestyle | 1 heat |

Conditions of Entry

1. These time trials will be conducted under the rules of Swimming NSW and all swimmers must be registered members of SNSW.
2. This is an Area approved event and all results will be forwarded to SNSW.
3. All events are timed finals and the one start rule applies. **Semi automatic timing will be used.**
4. The meet director reserves the right to vary the programme including starting over the top.
5. No medals will be awarded. The time trials are for the purposes of obtaining qualifying times.
6. Participating clubs will be requested to timekeep.
7. Age as at 29 October 2011.
8. Entries close Friday 14 October 2011 unless closed early due to reaching capacity. No late or phone entries will be accepted.
9. Entries are to be submitted **ONLY** by SNSW **multi entry cards** and summary sheets. A TM file of results will be made available to race secretaries.
10. Entry fee \$4.00 per event.
11. Normal pool entry applies.
12. Cheques made payable to SLC Aquadot Swim Team.
13. All entries to be sent to SLC Aquadot, PO Box 442, Sutherland 1499.
14. Enquiries: Maree Emery 0404 898 155; Liz Orfanos 0432 719 908
15. Email: slcaquadot@hotmail.com