

Inswim Metro and State Qualifying Meet

INSWIM SWIMMING CLUB

**Sydney Olympic Park Aquatic Centre
Sunday 1st November 2009**

**Warm up 8.00am
Start 9.00am**

ENTRIES ARE LIMITED TO 2400

M	F	Age	Distance	Stroke	M	F	Age	Distance	Stroke
1	2	OPEN	**200	BACK	41	42	OPEN	**400	FREE
3	4	10/u	50	BREAST	43	44	OPEN	200	BREAST
5	6	11/12	50	BREAST	45	46	10/u	50	FLY
7	8	13/14	50	BREAST	47	48	11/12	50	FLY
9	10	15/0	50	BREAST	49	50	13/14	50	FLY
11	12	9/10	100	FLY	51	52	15/0	50	FLY
13	14	11/12	100	FLY	53	54	9/10	100	BACK
15	16	13/14	100	FLY	55	56	11/12	100	BACK
17	18	15/O	100	FLY	57	58	13/14	100	BACK
19	20	10under/11/12	200	IM	59	60	15/O	100	BACK
21	22	13/1 4/1 5over	200	IM	61	62	OPEN	**200	FREE
23	24	10/u	50	BACK	63	64	10/u	50	FREE
25	26	11/12	50	BACK	65	66	11/12	50	FREE
27	28	13/14	50	BACK	67	68	13/14	50	FREE
29	30	15/0	50	BACK	69	70	15/0	50	FREE
31	32	9/10	100	FREE	71	72	9/10	100	BREAST
33	34	11/12	100	FREE	73	74	11/12	100	BREAST
35	36	13/14	100	FREE	75	76	13/14	100	BREAST
37	38	15/O	100	FREE	77	78	15/O	100	BREAST
39	40	OPEN	**200	FLY					
LUNCH BREAK									

CONDITIONS OF ENTRY

1. ****Qualifying time for all OPEN events is State Age Time plus 10 seconds**
2. The meet will be conducted under the rules of SNSW and is an Area approved meet.
3. All events are timed finals. One start rule will apply. The meet director reserves the right to amend the program and conditions of entry.
4. Age as at 1 November 2009
5. Entry Fees: **\$4.50 per event.**
6. Entries Close: Monday 19th October 2009.
7. No late or phone entries will be accepted.
8. Entries on SNSW multi entry cards with summary sheet
9. Spectators \$4.00 Competitors Free Programs \$4.00
10. Medals will be awarded for 1st, 2nd and 3rd place in all events, including both ages in dual age events. Open events will attract medals as follows: 12/u, 13yrs, 14yrs and 15yrs & over. 10/u events will award medals to 10yrs, 9yrs & 8yrs/u
11. Results & E-file at www.inswim.com.au. Email to msmith@unwired.com.au
12. Enquiries to: **Alice Smith** 0407 234886 (after 4.30pm)
13. **Post entries to: The Race Secretary-PO BOX 3142, East Blaxland NSW 2774**
14. Results will be available on our website www.inswim.com.au