



LARA SWIMMING CLUB

PROPOSED QUALIFYING MEET (S.A.T.S. IN USE)

SATURDAY 5 DECEMBER 2009

KARDINIA AQUATIC CENTRE (50m OUTDOOR)
Park St., Geelong

MORNING SESSION BEGINS AT 9:00AM (WARM-UP FROM 8:00AM)

| GIRLS | BOYS | EVENT | | |
|-------|------|-------|---------|------------|
| 1 | 2 | 50m | 8/U | Butterfly |
| 3 | 4 | 50m | 9/10 | Butterfly |
| 5 | 6 | 50m | 11/12 | Butterfly |
| 7 | 8 | 50m | 13/14 | Butterfly |
| 9 | 10 | 50m | 15/OVER | Butterfly |
| 11 | 12 | 50m | 8/U | Backstroke |
| 13 | 14 | 50m | 9/10 | Backstroke |
| 15 | 16 | 50m | 11/12 | Backstroke |
| 17 | 18 | 50m | 13/14 | Backstroke |
| 19 | 20 | 50m | 15/OVER | Backstroke |

| GIRLS | BOYS | EVENT | | |
|-------|------|-------|---------|--------------|
| 21 | 22 | 50m | 8/U | Breaststroke |
| 23 | 24 | 50m | 9/10 | Breaststroke |
| 25 | 26 | 50m | 11/12 | Breaststroke |
| 27 | 28 | 50m | 13/14 | Breaststroke |
| 29 | 30 | 50m | 15/OVER | Breaststroke |
| 31 | 32 | 50m | 8/U | Freestyle |
| 33 | 34 | 50m | 9/10 | Freestyle |
| 35 | 36 | 50m | 11/12 | Freestyle |
| 37 | 38 | 50m | 13/14 | Freestyle |
| 39 | 40 | 50m | 15/OVER | Freestyle |

LUNCH BREAK: 30 MINUTES

| GIRLS | BOYS | EVENT | | |
|-------|---------------------------------|-------|---------|------------|
| 41 | Open 100m Breaststroke Handicap | | | |
| 42 | 43 | 100m | 11/U | Butterfly |
| 44 | 45 | 100m | 12/13 | Butterfly |
| 46 | 47 | 100m | 14/15 | Butterfly |
| 48 | 49 | 100m | 16/OVER | Butterfly |
| 50 | 51 | 100m | 11/U | Backstroke |
| 52 | 53 | 100m | 12/13 | Backstroke |
| 54 | 55 | 100m | 14/15 | Backstroke |
| 56 | 57 | 100m | 16/OVER | Backstroke |

| GIRLS | BOYS | EVENT | | |
|-------|------|-------|---------|--------------|
| 58 | 59 | 100m | 11/U | Breaststroke |
| 60 | 61 | 100m | 12/13 | Breaststroke |
| 62 | 63 | 100m | 14/15 | Breaststroke |
| 64 | 65 | 100m | 16/OVER | Breaststroke |
| 66 | 67 | 200m | OPEN | CHOICE |
| 68 | 69 | 100m | 11/U | Freestyle |
| 70 | 71 | 100m | 12/13 | Freestyle |
| 72 | 73 | 100m | 14/15 | Freestyle |
| 74 | 75 | 100m | 16/OVER | Freestyle |

- Swimmers in Events 66 & 67 must nominate a stroke (Butterfly, Backstroke, Breaststroke, Freestyle or I.M.) and provide an entry time.
- On behalf of Swimming Victoria, the Lara Swimming Club will present the **Alice Burton Trophy** to the winner of Event 41 (Open 100m Breaststroke Handicap). The final of Event 41 will take place at the conclusion of Event 67.
- For G.D.S.A. Swimmers only, the results of Events 31 to 40 will be taken into account when awarding the **Ruby Lord Memorial Cup** (girls) and the **Hitchcock Shield** (boys).

CONDITIONS

- All entries on S.V. Entry Sheets (2009).
- Swimming Australia rules apply.
- Pool Depth: 3.0m (diving) to 0.9m (finish / turns).
- Medals presented to 1st, 2nd & 3rd in all events.
- All events other than 41 to be decided on time trial basis.
- The Club reserves the right to alter the program at the discretion of the organising committee.

Entries close: Friday 27 November (extended)

Entries: \$6 per event (includes \$1 SV levy)

Entries to: LARA SWIMMING CLUB, P.O. BOX 146, LARA, 3212

Cheque or Money Order Only

Enquiries: Kevin O'Neil

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Email: kevin.oneil@ozemail.com.au

Lara Swimming Club website ... <http://home.vicnet.net.au/~laraswim/>

An Entry List and approximate Meet Timeline will be available on our website from 1 December.

The Lara Swimming Club will also be conducting an Encouragement Meet on Sunday 7 February 2010.