

# NAROOMA AMATEUR SWIMMING CLUB INC

## TWILIGHT MEET

SATURDAY 17<sup>TH</sup> JANUARY 2009

Narooma Olympic Pool, Bluewater Drive Narooma

6 lane, 50m Heated Indoor pool

WARM UP 12.00am START 1.00pm

M	F	EVENT	M	F	EVENT
	<b>1.</b>	Mixed Open 400m FREE	<b>37. 38.</b>		10/11yrs 50m BREAST
<b>2. 3.</b>		8yrs & U 25m FLY	<b>39. 40.</b>		12/13yrs 50m BREAST
<b>4. 5.</b>		9yrs & U 50m FLY	<b>41. 42.</b>		14/15yrs 50m FLY
<b>6. 7.</b>		10/11yrs 50m BACK	<b>43. 44.</b>		16yrs & O 50m FLY
<b>8. 9.</b>		12/13yrs 50m BACK	<b>45.</b>		Mixed 12&U 100m BACK
<b>10. 11.</b>		14/15yrs 50m BREAST	<b>46.</b>		Mixed 13& O 100m BACK
<b>12. 13.</b>		16yrs & O 50m BREAST	<b>47. 48.</b>		8yrs & U 25m BREAST
<b>14.</b>		Mixed 12yrs&U 100m FREE	<b>49. 50.</b>		9yrs & U 50m BREAST
<b>15.</b>		Mixed 13yrs&O 100m FREE	<b>51.</b>		Mixed 12yrs & U 200m Ind Med
<b>16. 17.</b>		8yrs & U 25m BACK	<b>52.</b>		Mixed 13yrs & O 200m Ind Med
<b>18. 19.</b>		9yrs & U 50m BACK	<b>53. 54.</b>		10/11yrs 50m FREE
<b>20. 21.</b>		10/11yrs 50m FLY	<b>57. 58.</b>		14/15yrs 50m BACK
<b>22. 23.</b>		12/13yrs 50m FLY	<b>59. 60.</b>		16yrs & O 50m BACK
<b>24. 25.</b>		14/15yrs 50m FREE	<b>61.</b>		Mixed 12yrs & U 100m FLY
<b>26. 27.</b>		16yrs & O 50m FREE	<b>62.</b>		Mixed 13yrs & O 100m FLY
<b>28.</b>		Mixed 200m T/TRIAL CHOICE OF STROKE	<b>62a. 62b.</b>		<b>***SPLASH FOR CASH***</b>
<b>29.</b>		Mixed 12yrs & U 100m BREAST	<b>63.</b>		Mixed 7yrs & U 4x25m FREE RELAY
<b>30.</b>		Mixed 13yrs & O 100m BREAST	<b>64.</b>		Mixed 11yrs & U 4x50m FREE RELAY
<b>31. 32.</b>		8yrs & U 25m FREE	<b>65.</b>		Mixed 12/13yrs 4x100m FREE RELAY
<b>33. 34.</b>		9yrs & U 50m FREE	<b>66.</b>		Mixed 14/15yrs 4x100m FREE RELAY
<b>35. 36.</b>		Mixed Open 400m Ind Med	<b>67.</b>		Mixed Open 100m MEDLEY RELAY

### CONDITIONS OF ENTRY:

#### District approved Qualifying Meet

The meet will be conducted under the rules of Swimming NSW Ltd.

- 1) The Meet Director reserves the right to amend the program as necessary.
- 2) Swimmers who compete in the 25m event of a stroke **MAY NOT** compete in 50m event of the **SAME** stroke.
- 3) All events will be timed finals. Medals awarded to the following: First 3 placegetters in all events.
- 4) Mixed events medals awarded to the first 3 males & first 3 females.
- 5) **Ind. Medley**: First three males & the first three females.
- 6) Time trials no medals awarded.
- 7) **Relays** : will be timed finals with the first three teams in each event receive award certificates.
- 8) Age as at Saturday 17<sup>TH</sup> January 2009.
- 9) Entries **close 9<sup>th</sup> JANUARY 2009. NO LATE ENTRIES WILL BE ACCEPTED.**
- 9) Electronic entries preferred- contact Julie: [koala.jqi@bigpond.com](mailto:koala.jqi@bigpond.com) for a meet shell.
- 10) Entries to be posted to: Race Secretary, Narooma Amateur Swimming Club Inc, PO Box 158, Narooma 2546.
- 11) Entries to be submitted on Swimming NSW **MULTI Entry Cards** and accompanied by summary sheets.
- 12) Entries \$3.50 per event,. Cheques payable to: Narooma Amateur Swimming Club Inc.
- 13) Enquiries to Julie Czubara on 0417496812. Normal pool entry applies.
- 14) FULL BBQ WILL BE OPERATING TILL THE END OF MEET-kiosk facilities will be available.

