

Swimming ACT A Level long course meet

Hosted by Woden Swimming Club

Australian Institute of Sport - 11-12 September 2010



Australian Institute of Sport
Leverrier Crescent, BRUCE ACT

Saturday 11 September 2010
Pool Access 9am, Warm-up 9.15am, Start 10am

M	F	Event	QT (M)	QT (F)
1-4		200m all strokes (Block 1)	As per note 1	
5	6	13&O 50m Breaststroke	46:01	47:37
7	8	10&U 100m Butterfly	1:50:11	1:50:11
9	10	11/12 100m Butterfly	1:39:22	1:40:43
11	12	13/14 100m Backstroke	1:28:94	1:32:57
13	14	15&O 100m Backstroke	1:23:49	1:30:75
15	16	10&U 50m Freestyle	42:96	42:96
17	18	11/12 50m Freestyle	40:54	41:14
19	20	13/14 50m Freestyle	35:33	37:39
21	22	15&O 50m Freestyle	33:03	36:42
23		Open 400m IM	6:33:25	6:51:40
24	25	12&U 200m IM	3:45:06	3:46:27
26-29		200m all strokes (Block 2)	As per note 1	
30	31	10&U 100m Backstroke	1:45:51	1:47:09
32	33	11/12 100m Backstroke	1:40:91	1:41:16
34	35	13/14 100m Breaststroke	1:42:25	1:45:27
36	37	15&O 100m Breaststroke	1:34:99	1:44:06
38	39	11/12 50m Butterfly	44:65	45:19
40	41	10&U 50m Butterfly	49:55	49:55
42	43	13&O 50m Butterfly	38:93	40:84
44		Open 800m Freestyle	11:11.00	
45		Open 1500m Freestyle	20:21.00	

Multi-Class swimmers welcome – All Events – No qualifying times

Note 1 - 200m Events

A swimmer may only enter one event (of any stroke) per block.
No awards for the 200m all strokes events.

Table of 200m Event Numbers and Qualifying times

	Freestyle	Backstroke	Breaststroke	Butterfly
QT	2:53.03	3:19.41	3:49:90	3:26:91
Block 1	1	2	3	4
Block 2	26	27	28	29
Block 3	53	54	55	56
Block 4	79	80	81	82

Note 2 - Mixed Events

Events of 200m and longer) seeded and swum as mixed events. Swimmers are to note that NSW or higher records may not be recognised in mixed events.

Note 3- Splits

800m split will be provided for 1500m swimmers.

Version: 9 August 2010

Sunday 12 September 2010
Pool Access 8am, Warm-up 8.15am, Start 9 am

M	F	Event	QT (M)	QT (F)
46		Open 400m Freestyle	5:45:00	
47	48	13&O 50m Backstroke	36:38	41:65
49	50	11/12 100m Freestyle	1:26:51	1:26:51
51	52	10&U 100m Freestyle	1:31:84	1:32:57
53-56		200m all strokes (Block 3)	As per note 1	
57	58	11/12 100m Breaststroke	1:56:77	1:56:89
59	60	10&U 100m Breaststroke	2:01:73	2:01:97
61	62	13/14 100m Butterfly	1:26:51	1:30:75
63	64	15&O 100m Butterfly	1:19:62	1:27:12
65	66	10&U 50m Backstroke	47:48	48:19
67	68	11/12 50m Backstroke	45:41	45:52
69	70	13&O 200m IM	3:11:18	3:17:84
71	72	10&U 50m Breaststroke	54:78	54:89
73	74	11/12 50m Breaststroke	52:54	52:60
75	76	13/14 100m Freestyle	1:16:23	1:19:86
77	78	15&O 100m Freestyle	1:11:39	1:18:17
79-82		200m all strokes (Block 4)	As per note 1	

ENTRIES

Age as at 11 September 2010.

\$5.00 (inc GST) per event.

Late entries at the discretion of the Meet Director.

Entry time should be your best *long course or converted short course time* since 1 September 2009.

Closing date is Monday 30 August for paper entries sent to Woden Swimming Club, PO Box 2844, Tuggeranong ACT 2900. Payment must accompany entries. One cheque per club please. Paper entries on multiple entry cards with summary sheet.

Electronic entries close on Monday 30 August 2010 to be sent to woden.main.meet@gmail.com (Note: cards not required). Meet Manager and Team Manager shell and information is on the Club's web site at www.wodenswimclub.org.au.

Swimming NSW rules apply. Swimming ACT approved. The Meet Director reserves the right to vary the program or conditions.

Awards:

Medals will be awarded for 12 and under events. 1st, 2nd & 3rd boys & girls for 10&U, 11 and 12.

Cash prizes (\$15 for 1st, \$10 for 2nd and \$5 for 3rd) for swimmers aged 13 and over in each individual event as follows:

- 50m Free – 3 Age Groups - 13, 14, 15&O
- 50m Back, Fly & Breast 1 Age Group – 13&O
- 100m events – 2 Age Groups – 13/14 combined, 15&O
- 200m IM – 1 Age Group - 13&O
- 400m – 1 Age Group – (Male and Female) Open
- 800m – 1 Age Group (Female Only) – Open
- 1500m – 1 Age Group (Male only) - Open

Meet Director: Tim Wise 0408 467204 / 0408248432
All correspondence to woden.main.meet@gmail.com.