

SWIMMING ACT 2018 WINTER DEVELOPMENT SERIES

SHORT COURSE

SUNDAY 19 AUGUST, 2018

AUSTRALIAN INSTITUTE OF SPORT, BRUCE ACT

Indoor 25m Pool

Host: Teloepa Swim Club

Warm up: 8:45am – Start: 9:30am

ENTRIES

- **\$5.00** per event.
- Age as at 19 August 2018.
- **Entries** close at 10:00 pm Tuesday 14 August 2018.
- Online entries for swimming club members. Link on the Swimming ACT website (www.swimmingact.com.au).
- Visitors welcome.
- **Swimmers who are not members of a swimming club are welcome to attend this meet.** Email lwuth@hups.net for entry details.

WINTER SERIES EVENTS

- Full rules are on the Swimming ACT web site: www.swimmingact.com.au
- 200m events are restricted to swimmers aged 9 and over.
- Swimmers may only enter events in which they have **NEVER** achieved the Break Time (BT) indicated in the program in a short or a long course swim).
- You can enter a maximum of **5** events.
- For a break time of 30.00, your entry time must be 30.01 or more.
- **Entry time must be the swimmer's best short or long course time ever achieved for that event.**

25M EVENTS

- Swimmers may only enter a 25m event if they have never swum a longer distance in that stroke at any meet (including club night and school meets) where the time achieved has been recorded as an official time. Any swimmer entering a 25m event cannot enter a longer distance in that stroke at this meet.
- Multi-class swimmers may enter 25m events regardless of age or other restrictions.

NEW SWIMMERS

New swimmers aged 10 and under can only enter 25m events until they have achieved a time faster than 30.00 seconds for a given stroke. Once they have achieved a time faster than 30.00 seconds for the 25m of a given stroke they are permitted to enter the 50m event for that stroke.

A new swimmer is a swimmer who does not have an officially recognised time at the 50m distance for a given stroke.

Awards at each meet for the 1st, 2nd and 3rd boy and girl in all events for 8 & under, 9, 10, 11, 12 and 13 & over for both Development and Intermediate divisions.

Swimming NSW rules apply. Swimming ACT approved.
All events will be timed finals.

50m, 100m and 200m events will be swum by division (Development or Intermediate) based on the swimmer's entry time

50m events will be swum in three age groups: 9 & under, 10-11 and 12 & over.
100m events will be swum as 10 & under and 11 & over events.

Enquiries to Lorraine Wuth - email lwuth@hups.net

Swimmers must wear a swim cap while in the water

Version of 20 July 2018

BREAK TIMES

	Event	Age	Boys	Girls
1	100m Ind. Medley	9 & U	N/A	N/A
		10	1:32.50	1:34.00
3		11	1:27.50	1:27.50
		12&O	1:11.50	1:18.50
5	25m Butterfly	10 & U	N/A	N/A
6	50m Butterfly	9 & U	N/A	N/A
8		10	42.00	41.50
		11	39.00	39.00
10		12&O	30.50	33.00
12	100m Backstroke	9 & U	N/A	N/A
		10	1:32.50	1:34.00
14		11	1:27.00	1:27.50
		12	1:22.00	1:22.50
		13&O	1:17.00	1:19.00
16	25m Breaststroke	10 & U	N/A	N/A
17	50m Breaststroke	9 & U	N/A	N/A
19		10	50.00	50.00
		11	46.50	47.00
21		12&O	37.50	39.00
23	100m Freestyle	9 & U	N/A	N/A
		10	1:20.50	1:21.50
25		11	1:16.00	1:16.00
		12	1:11.50	1:13.00
		13&O	1:07.50	1:10.00
27	200m Ind. Medley	9	N/A	N/A
		10	3:16.00	3:14.50
		11	3:05.50	3:06.50
		12	2:55.50	2:57.00
		13&O	2:45.00	2:51.00
29	25m Freestyle	10 & U	N/A	N/A
30	50m Freestyle	9 & U	N/A	N/A
32		10	36.50	37.00
		11	34.50	34.50
34		12	33.00	33.50
		13&O	31.00	32.50
36	100m Breaststroke	9 & U	N/A	N/A
		10	1:48.00	1:48.00
38		11	1:41.00	1:40.00
		12	1:34.50	1:34.50
		13&O	1:31.00	1:32.50
40	25m Backstroke	10 & U	N/A	N/A
41	50m Backstroke	9 & U	N/A	N/A
43		10	43.00	43.50
		11	40.50	40.50
45		12&O	33.00	35.00
47	100m Butterfly	9 & U	N/A	N/A
		10	1:37.00	1:38.00
		11	1:29.00	1:29.00
		12	1:22.00	1:23.00
		13&O	1:16.00	1:20.00
49	200m Freestyle	9	N/A	N/A
		10	2:49.00	2:51.00
		11	2:45.00	2:45.00
		12	2:36.00	2:37.00
		13&O	2:26.50	2:31.50