

# ACT RELAY CHAMPIONSHIPS

Sunday 5 February 2012 — AIS Pool



ENTRIES RESTRICTED TO  
SWIMMING ACT INC  
SWIMMERS ONLY.



The ACT Government assists  
Swimming ACT through  
Sport and Recreation ACT

Warm-up 1.00 pm			Start 2.00 pm	
Boys	Mixed	Girls	Age	Stroke
	1		8&U	Freestyle
2		3	16&U	Freestyle
4		5	14&U	Freestyle
6		7	12&U	Freestyle
	8		10&U	Freestyle
9		10	Open	Freestyle
11		12	Parents	Freestyle
	13		8&U	Medley
14		15	16&U	Medley
16		17	14&U	Medley
18		19	12&U	Medley
	20		10&U	Medley
21		22	Open	Medley

**ALL EVENTS 4X50M**

Normal pool entry applies to swimmers and spectators.

THE MEET DIRECTOR RESERVES THE RIGHT TO AMEND THE PROGRAM IF NECESSARY.

MEET ENQUIRIES TO:

Lorraine Wuth - email: lwuth@hups.net

NOTE: It is a requirement of the AIS Pool management that swim caps are worn and to remain worn whilst competitors are in the pool during competition or warm up/swim down sessions.



## CONDITIONS OF ENTRY

- Age as at 5 February 2012.
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams.
- Age group events up to 10&U have mixed teams - any combination from all boys through to all girls.
- For 12&U, 14&U, 16&U, Open and Parents, there are separate boys and girls teams.
- In each event (except the Parents Relays), the top two placed teams for each club count for the Relay Pointscore.
- To maximise participation, Clubs are permitted to "swim-up" swimmers in older age groups. There is no restriction on the number of swimmers who may "swim up".

*Where a swimmer is entered in more than one age group team in a given stroke only one of the teams is eligible to score points. The team status (scoring or non scoring) for all teams impacted must be notified to the Recording Table prior to the commencement of the first event involved.* (i.e. if a swimmer aged 12 swims in the 12/U free and then the 14/U free, points will only count for one of the teams the swimmer competes in. The Club **must** notify the Recording Table which team is eligible for points before either team swims.)

- Any swimmer can swim in the Open Freestyle & Medley relays.
- Swimmers will be marshalled by Club. Clubs are to nominate a non-swimming adult to be their team's manager and who will assist the technical officials on pool deck.
- Clubs will have until the start of the meet to finalise teams and the order in which swimmers will compete.
- **Entries close:** 9:00pm Thursday 2 February 2012.
- **Entry fee:** \$11.00 per team entered. Cheques payable to *Swimming ACT Inc.*