



2010 CANBERRA LABOR CLUB ACT CHAMPIONSHIPS

Friday 5, Saturday 6 and Sunday 7 March
2010

AIS Swimming Complex
Leverrier Crescent, Bruce ACT

ENTRY AND MEET RULES

Entries: \$4.50 per event

Manual - Close 24 February 2010.

Electronic - Close 26 February 2010.



Age as at 5 March 2010.

Cheques payable to Swimming ACT

Entry times (with details of date achieved and venue) must be equal to or faster than the Qualifying Time and best time swum since 16 March 2009.

Refer to ACT Championships Qualifying Time Schedules for 2010 for relevant qualifying times (Boys & Girls).

Entries either:

electronically (contact: registrar@swimmingact.com.au) [no cards required for electronic entries] or on **multiple** entry cards (with constants added for short course times), verified by Club Race Secretarys and accompanied by signed summary sheets to:

ACT Championships, 25 Barritt St, KAMBAH, ACT 2902

Race Secretarys - please supply address, phone, fax number and/or e-mail address (if available).

No Late Entries. No Time Trials (Except events 71 & 72 which are time trial events - see next page for details).

Swimming NSW Rules apply.

Normal pool entry fees apply.

Medals will be presented to the 1st, 2nd, 3rd placegetters, and to the 1st, 2nd, 3rd finishing Swimming ACT registered competitors in each **event** (except events 21,22,44,45,63, 64,77,78,91,92,113 & 114, where separate 9 years & 10 years medals will be awarded; events 27 & 50, where separate Mens & Womens medals will be awarded), provided the qualifying time is achieved.

Note: No awards for time trial events 71 & 72.

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

Enquiries to Lorraine Wuth: Phone (02) 62310017



The ACT Government assists
Swimming ACT through Sport and
Recreation Services



Friday 5 March 2010		Start 6:45 pm	
Warm Up 6:00 pm			
M	W	Event	Age
1	2	200m	Individual Medley 13
3	4	200m	Individual Medley 14
5	6	200m	Individual Medley 15
7	8	200m	Individual Medley 16/O
9	10	400m	Freestyle 9-12
11	12	400m	Freestyle 13-14
13	14	400m	Freestyle 15/O

Saturday 6 March 2010		Start 10:00 am	
Warm Up 9:00 am			
M	W	Event	Age
15	16	200m	Freestyle 9-12
17	18	200m	Breaststroke 13-14
19	20	200m	Backstroke 15/O
21	22	100m	Butterfly 9/10
23	24	100m	Breaststroke 11
25	26	100m	Breaststroke 12
27		800m	Freestyle 12/O
28	29	50m	Breaststroke Open
30	31	100m	Butterfly 13
32	33	100m	Freestyle 14
34	35	100m	Breaststroke 15
36	37	100m	Freestyle 16/O
38	39	200m	Butterfly 9-12
40	41	200m	Backstroke 13-14
42	43	200m	Butterfly 15/O
44	45	100m	Backstroke 9/10
46	47	100m	Freestyle 11
48	49	100m	Freestyle 12
50		1500m	Freestyle 12/O
51	52	50m	Backstroke Open
53	54	100m	Backstroke 13
55	56	100m	Breaststroke 14
57	58	100m	Freestyle 15
59	60	200m	Individual Medley 12
61	62	100m	Butterfly 16/O
63	64	200m	Individual Medley 9/10
65	66	200m	Individual Medley 11
67	68	400m	Individual Medley 12-14
69	70	400m	Individual Medley 15/O
71		4x100m	Freestyle Relay

Sunday 7 March 2010		Start 9:00 am	
Warm up 8:00 am			
M	W	Event	Age
72		4x100m	Medley Relay
73	74	200m	Freestyle 13-14
75	76	200m	Breaststroke 15/O
77	78	50m	Freestyle 9/10
79	80	50m	Freestyle 11
81	82	50m	Freestyle 12
83	84	50m	Freestyle 13
85	86	50m	Freestyle 14
87	88	50m	Freestyle 15
89	90	50m	Freestyle 16/O
91	92	100m	Breaststroke 9/10
93	94	100m	Butterfly 11
95	96	100m	Backstroke 12
97	98	50m	Butterfly Open
99	100	100m	Breaststroke 13
101	102	100m	Backstroke 14
103	104	100m	Butterfly 15
105	106	100m	Backstroke 16/O
107	108	200m	Backstroke 9-12
109	110	200m	Butterfly 13-14
111	112	200m	Freestyle 15/O
113	114	100m	Freestyle 9/10
115	116	100m	Backstroke 11
117	118	100m	Butterfly 12
119	120	100m	Freestyle 13
121	122	100m	Butterfly 14
123	124	100m	Backstroke 15
125	126	100m	Breaststroke 16/O
127	128	200m	Breaststroke 9-12

THE ACT CHAMPIONSHIPS ARE OPEN TO ALL REGISTERED SWIMMERS WHO MEET THE APPLICABLE QUALIFYING TIMES

2010 ACT CHAMPIONSHIPS QUALIFYING TIMES

BOYS

		17 and over	16 years	15 years	14 years	13 years	12 years	11 years	10 years	9 years
Freestyle	50m	28.82	29.70	30.03	30.58	32.12	35.20	36.85	39.05	45.00
	100m	1:03.14	1:03.80	1:04.90	1:06.33	1:09.30	1:14.25	1:18.65	1:23.49	1:41.00
	200m	2:19.70	2:21.68	2:23.88	2:27.40	2:32.90	2:41.70	2:53.03	3:03.68	3:40.00
	400m	4:54.80	5:01.62	5:04.70	5:08.00	5:21.20	5:37.70	6:20.67	6:44.09	6:44.09
	800m	10:10.00	10:10.00	10:10.00	10:10.00	10:10.00	10:10.00			
	1500m	19:04.00	19:04.00	19:04.00	19:04.00					
Backstroke	50m	33.66	33.91	34.16	34.70	36.38	39.10	41.78	43.16	43.16
	100m	1:14.80	1:15.35	1:15.90	1:17.11	1:20.85	1:26.90	1:31.74	1:35.92	1:45.00
	200m	2:44.23	2:46.10	2:48.30	2:49.40	2:58.20	3:05.90	3:14.70	3:31.02	3:50.00
Breaststroke	50m	38.86	38.86	39.25	39.60	41.83	44.55	47.77	49.80	49.80
	100m	1:26.35	1:26.35	1:27.23	1:28.00	1:32.95	1:39.00	1:46.15	1:50.66	2:05.75
	200m	3:04.25	3:08.65	3:09.75	3:14.70	3:19.65	3:31.20	3:44.95	4:03.45	4:36.65
Butterfly	50m	31.58	32.18	32.57	33.31	35.39	38.61	40.59	45.05	45.05
	100m	1:10.18	1:11.50	1:12.38	1:14.03	1:18.65	1:25.80	1:30.20	1:40.10	1:53.25
	200m	2:38.40	2:42.80	2:46.10	2:52.15	2:59.85	3:13.60	3:23.50	3:40.22	4:09.15
IM	200m	2:39.50	2:41.48	2:42.91	2:46.10	2:53.80	3:05.35	3:14.15	3:24.60	3:50.00
	400m	5:33.30	5:35.50	5:46.50	5:57.50	5:57.50	5:57.50			

GIRLS

		17 and over	16 years	15 years	14 years	13 years	12 years	11 years	10 years	9 years
Freestyle	50m	33.11	33.11	33.11	33.33	33.99	36.30	37.40	39.05	45.00
	100m	1:10.95	1:11.06	1:11.06	1:11.06	1:12.60	1:15.35	1:18.65	1:24.15	1:41.00
	200m	2:32.90	2:34.55	2:34.66	2:34.66	2:37.30	2:44.34	2:51.60	3:05.13	3:40.00
	400m	5:17.90	5:21.20	5:24.50	5:26.70	5:33.30	5:43.20	6:17.52	6:47.29	6:47.29
	800m	10:10.00	10:10.00	10:10.00	10:10.00	10:10.00	10:10.00			
	1500m	19:04.00	19:04.00	19:04.00	19:04.00					
Backstroke	50m	36.88	37.13	37.13	37.27	37.87	39.60	41.38	43.81	43.81
	100m	1:21.95	1:22.50	1:22.50	1:22.83	1:24.15	1:28.00	1:31.96	1:37.35	1:45.00
	200m	2:57.10	2:58.20	2:58.20	2:59.30	3:01.28	3:07.00	3:16.68	3:34.17	3:50.00
Breaststroke	50m	42.08	42.47	42.57	42.57	43.07	44.80	47.82	49.90	49.90
	100m	1:33.50	1:34.38	1:34.60	1:34.60	1:35.70	1:39.55	1:46.26	1:50.88	2:05.75
	200m	3:22.73	3:24.60	3:25.15	3:26.80	3:29.00	3:34.17	3:45.50	4:03.94	4:36.65
Butterfly	50m	35.34	35.64	35.64	35.64	37.13	39.20	41.09	45.05	45.05
	100m	1:18.54	1:19.20	1:19.20	1:19.20	1:22.50	1:27.12	1:31.30	1:40.10	1:53.25
	200m	2:57.10	3:00.95	3:01.50	3:04.25	3:08.10	3:18.00	3:24.71	3:40.22	4:09.15
IM	200m	2:54.35	2:56.00	2:56.33	2:56.33	2:59.85	3:07.55	3:15.03	3:25.70	3:50.00
	400m	6:03.55	6:04.10	6:06.30	6:14.00	6:14.00	6:14.00			

Note: To enter the Open 50m events, the swimmer must have achieved the qualifying time set down for their age group as shown above.

Events 71 and 72 (Relays)

These events are time trial events. No points or medals will be awarded for these events.

Entries will be accepted from teams where the combined individual times of the four swimmers is within 4 seconds of the National Age qualifying time for the event.

Entry fee: \$10 per team which will be refunded for any team that newly qualifies for National Age.