



An invitation to a distance meet in the National Capital

2009 ACT Winter Short Course Distance Meet

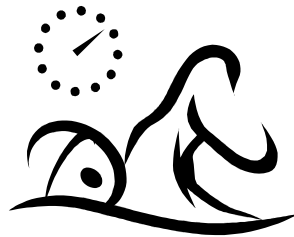
Sunday 21 June, AIS Swim Hall, Bruce ACT

Warm up: 9:00am

First Event: 10:00am

9-11yrs

200 Free
400 Free
200 Fly
200 Back
200 Breast
200 IM



12yrs & Over

800 Free
1500 Free
200 Fly
200 Back
200 Breast
400 IM

Event #	Event	QT
1	12&O 1500m Freestyle	22:30.00 (or 11:00.00 800m)
2	9-11yrs 400m Freestyle	
	12&O 200m Form Strokes (Block 1)	See Below
	9-11yrs 200m Form Strokes (Block 1)	See Below
9	12&O 400m Individual Medley	6:20.00 (or 3:05.00 200m)
10	9-11yrs 200m Individual Medley	4:05.00
	12&O 200m Form Strokes (Block 2)	See Below
	9-11yrs 200m Form Strokes (Block 2)	See Below
17	12&O 800m Freestyle	13:00.00 (or 6:00.00 400m)
18	9-11yrs 200m Freestyle	
	12&O 200m Form Strokes (Block 3)	See Below
	9-11yrs 200m Form Strokes (Block 3)	See Below

Age as at 21 June 2009

Minimum age: 9 years

Entries close Tuesday 16 June 2009

\$6.00 per event.

Cheques payable to Swimming ACT.

Entries:

Electronic to lwuth@hups.net (no cards required)

Or multiple entry cards to:

ACT Winter Distance Meet

25 Barritt Street, Kambah ACT 2902

Race Secretaries: please supply phone or email contact

Swimming NSW rules apply.

Enquiries: Lorraine Wuth (Phone 02 6231 0017) or email lwuth@hups.net

Normal pool entry applies to swimmers and spectators.

Qualifying times and event numbers for the 200m form strokes

12&O 200m Form Strokes				9-11yrs 200m Form Strokes (QT is the 100m time. Enter on 100m Times)			
	Back	Breast	Fly	Back	Breast	Fly	
QT	3:20.00	3:45.00	3:20.00	1:50.00	2:10.00	2:00.00	QT
Block 1	3	4	5	6	7	8	Block 1
Block 2	11	12	13	14	15	16	Block 2
Block 3	19	20	21	22	23	24	Block 3



The ACT Government assists Swimming ACT through Sport and Recreation Services.