



**2008-09 BELL'S & FOXY'S
SUMMER DEVELOPMENT SERIES
GOULBURN AMATEUR
SWIMMING CLUB**

HOST OF MEET 2

Sunday November 23, 2008

AIS POOL

Indoor 50m Pool – Warmup – 9.00am – Start 10.00am

Full Automatic Timing

See Swimming ACT's web site at www.swimmingact.com.au for meet information

ENTRIES

- **Entries \$4.00** per event. Cheques payable to Goulburn Amateur Swimming Club, 25 Barritt St, Kambah ACT 2902.
- Age as at 23 November 2008.
- All events will be timed finals.
- **Electronic entries** to lwuth@hups.net by **Tuesday November 18**. [Note: no cards are required when entries submitted electronically. Proof of time report must accompany entries. Where a custom time is submitted details of date and place of achievement to be supplied]
- **Paper Entries** – Multi-entry cards preferred, to 25 Barritt Street, Kambah ACT 2902] by Tuesday November 18, 2008

BELL'S & FOXY'S SUMMER 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 of events in a long course or short course (converted) 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 long course or short course (converted) time for that event ever achieved.**

200M EVENTS

- A swimmer may only enter a 200m freestyle, backstroke, breaststroke or butterfly event if they have achieved the 100m time for that stroke as follows:

Girls	13 & O	12	11	10	9
Freestyle	1:20.20	1:23.20	1:27.00	1:32.90	1:50.00
Backstroke	1:32.50	1:37.10	1:41.10	1:47.50	1:56.60
Breaststroke	1:45.20	1:49.60	1:56.80	2:02.00	2:16.40
Butterfly	1:31.30	1:35.80	1:40.40	1:50.10	2:14.60
Boys	13 & O	12	11	10	9
Freestyle	1:16.30	1:22.10	1:26.60	1:31.80	1:50.00
Backstroke	1:29.90	1:35.70	1:40.90	1:45.50	1:52.00
Breaststroke	1:42.20	1:49.10	1:56.70	2:01.70	2:12.00
Butterfly	1:26.50	1:34.30	1:39.20	1:50.00	2:03.20

AWARDS

Ribbons awarded 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.

Enquiries to Lorraine Wuth (02) 62310017 or email lwuth@hups.net

EVENT B G	PROGRAM	Age	BREAK TIMES	
			Boys	Girls
1 2	200m Individual Medley	9	3:50.00	3:50.00
		10	3:25.00	3:25.70
		11	3:14.10	3:15.00
		12	3:06.20	3:07.50
		13 & O	2:53.80	3:00.10
3 4	50m Butterfly	9 & U	N/A	N/A
		10	45.00	45.00
5 6	50m Butterfly	11	40.60	41.00
		12	38.60	39.20
		13 & O	35.30	37.30
7 8	100m Backstroke	8	N/A	N/A
		9	1:45.00	1:45.00
		10	1:35.90	1:37.80
		11	1:31.70	1:31.90
		12	1:27.00	1:28.30
9	200m Breaststroke	13 & I	1:21.70	1:24.10
		9	4:36.65	4:36.65
		10	4:03.30	4:03.70
		11	3:45.00	3:45.50
		12	3:31.20	3:33.40
10 11	50m Freestyle	13 & O	3:19.60	3:29.00
		8 & U	N/A	N/A
		9	45.00	45.00
		10	37.60	38.00
		11	35.40	35.50
12 13	50m Freestyle	12	33.60	34.10
		13 & O	31.25	32.80
		8 & U	N/A	N/A
14 15	100m Butterfly	9	1:53.25	1:53.25
		10	1:40.00	1:40.10
		11	1:30.20	1:31.30
		12	1:25.80	1:27.10
		13 & O	1:18.60	1:23.00
16	200m Backstroke	9	3:50.00	3:50.00
		10	3:31.00	3:35.10
		11	3:14.70	3:16.60
		12	3:05.90	3:07.20
		13 & O	2:58.20	3:01.20
17 18	50m Breaststroke	9 & U	N/A	N/A
		10	49.70	49.80
		11	47.70	47.80
19 20	50m Breaststroke	12	44.60	44.80
		13 & O	41.80	43.00
		8 & U	N/A	N/A
21 22	100m Freestyle	9	1:41.00	1:41.00
		10	1:23.50	1:24.50
		11	1:18.70	1:18.90
		12	1:14.70	1:15.70
		13 & O	1:09.40	1:12.90
23	200m Butterfly	9	4:09.15	4:09.15
		10	3:40.00	3:40.20
		11	3:23.50	3:24.70
		12	3:13.60	3:18.00
		13 & O	2:59.80	3:08.10
24 25	50m Backstroke	9 & U	N/A	N/A
		10	43.10	44.00
26 27	50m Backstroke	11	41.20	41.30
		12	39.15	39.80
		13 & O	36.70	37.80
28 29	100m Breaststroke	8 & U	N/A	N/A
		9	2:05.75	2:05.75
		10	1:50.60	1:50.80
		11	1:46.10	1:46.20
		12	1:39.20	1:39.60
30	200m Freestyle	13 & O	1:32.90	1:35.70
		9	3:40.00	3:40.00
		10	3:03.70	3:05.90
		11	2:48.80	2:51.60
		12	2:41.70	2:44.30
13 & O	2:32.90	2:37.30		