



2009-10 BELL'S & FOXY'S SUMMER DEVELOPMENT SERIES

MEET # 4

HOSTED BY **TELOPEA**

INCLUDES THE

*** 8 & UNDER ACT AGE CHAMPIONSHIPS ***

Saturday March 27, 2010

AIS Pool

Indoor 50m Pool – Warm up – 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 Telopea Swimming Club.
- Age as at **5 March 2010**. All events will be timed finals.
- **Entries Tuesday March 23 and must be submitted through club Race Secretaries.**

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 swim. [See exception below for swimmers aged 14 & over]
- A swimmer may only enter a **25m event** if they have never swum a longer distance in that stroke at any meet (club night and school meets excepted). Any swimmer entering a 25m event cannot enter a longer distance in that stroke at this meet.
- 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 time for that event ever achieved.**

Any swimmer aged 14 years and over who has recorded a time faster than the break time for a particular event (and therefore not eligible to swim that event) in the Summer Series but has not achieved the Qualifying Time for ACT Championships for that event will be allowed to compete in that event in the Summer Series as an Exhibition Swimmer. Such swims will not attract Series Points or Awards

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	1:19.86	1:22.88	1:26.51	1:32.57	1:50.00
Backstroke	1:32.57	1:36.80	1:41.16	1:47.09	1:56.60
Breaststroke	1:45.27	1:49.50	1:56.89	2:01.97	2:16.40
Butterfly	1:30.75	1:35.83	1:40.43	1:50.11	2:14.60
Boys	13 & O	12	11	10	9
Freestyle	1:16.23	1:21.68	1:26.51	1:31.84	1:50.00
Backstroke	1:28.94	1:35.59	1:40.91	1:45.51	1:52.00
Breaststroke	1:42.25	1:48.90	1:56.77	2:01.73	2:12.00
Butterfly	1:26.51	1:34.38	1:39.22	1:50.11	2:03.20

AWARDS

Medals shall be 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.

8 & UNDER AGE CHAMPIONSHIPS

Events for 8 & under age championships: 50m free, back, breast and fly

Swimming NSW rules apply. Swimming ACT approved.

Enquiries to Lorraine Wuth on 62310017
or email lwuth@hups.net

All events are mixed events

PROGRAM

EVENT		Age	BREAK TIMES	
			Boys	Girls
1	200m Individual Medley	9	3:50.00	3:50.00
		10	3:24.60	3:25.70
		11	3:14.15	3:15.03
		12	3:05.35	3:07.55
		13 & O	2:53.80	2:59.85
3	25m Butterfly	10 & U	30.00	30.00
		9 & U	N/A	N/A
4	50m Butterfly	10	45.05	45.05
		11	40.59	41.09
6	50m Butterfly	12	38.61	39.20
		13 & O	35.39	37.13
8	100m Backstroke	8	N/A	N/A
		9	1:45.00	1:45.00
		10	1:35.92	1:37.35
		11	1:31.74	1:31.96
		12	1:26.90	1:28.00
		13 & O	1:20.85	1:24.15
10	200m Breaststroke	9	4:36.65	4:36.65
		10	4:03.45	4:03.95
		11	3:44.95	3:45.50
		12	3:31.20	3:34.17
		13 & O	3:19.65	3:29.00
11	25m Freestyle	10 & U	25.00	25.00
		8 & U	N/A	N/A
12	50m Freestyle	9	45.00	45.00
		10	39.05	39.05
14	50m Freestyle	11	36.85	37.40
		12	35.20	36.40
		13 & O	32.12	33.99
16	100m Butterfly	8 & U	N/A	N/A
		9	1:53.25	1:53.25
		10	1:40.10	1:40.10
		11	1:30.20	1:31.30
		12	1:25.80	1:27.12
		13 & O	1:18.65	1:22.50
18	200m Backstroke	9	3:50.00	3:50.00
		10	3:31.02	3:34.17
		11	3:14.70	3:16.68
		12	3:05.90	3:07.00
		13 & O	2:58.20	3:01.28
19	25m Breaststroke	10 & U	35.00	35.00
20	50m Breaststroke	9 & U	N/A	N/A
		10	49.80	49.90
22	50m Breaststroke	11	47.77	47.82
		12	44.55	44.80
		13 & O	41.83	43.07
24	100m Freestyle	8 & U	N/A	N/A
		9	1:41.00	1:41.00
		10	1:23.49	1:24.15
		11	1:18.65	1:18.65
		12	1:14.25	1:15.35
		13 & O	1:09.30	1:12.60
26	200m Butterfly	9	4:09.15	4:09.15
		10	3:40.22	3:40.22
		11	3:23.50	3:24.71
		12	3:13.60	3:18.00
		13 & O	2:59.85	3:08.10
27	25m Backstroke	10 & U	30.00	30.00
28	50m Backstroke	9 & U	N/A	N/A
		10	43.16	43.81
30	50m Backstroke	11	41.28	41.38
		12	39.10	39.60
		13 & O	36.38	37.87
32	100m Breaststroke	8 & U	N/A	N/A
		9	2:05.75	2:05.75
		10	1:50.66	1:50.88
		11	1:46.15	1:46.26
		12	1:39.00	1:39.55
		13 & O	1:32.95	1:35.70
34	200m Freestyle	9	3:40.00	3:40.00
		10	3:03.68	3:05.13
		11	2:53.03	2:51.60
		12	2:41.70	2:44.34
		13 & O	2:32.90	2:37.30

Note: 50m, 100m and the 200m IM events will be swum by division (Development or Intermediate) based on the swimmers entry time.