

Ginninderra Swim Club Inc

Winter Short Course Carnival

No qualifying times

Opportunity to qualify for:

NSW Country / NSW Age / Open State / National Short Course

4-5 July 2009



www.ginninderramarlins.org.au

Venue: Australian Institute of Sport (AIS),
Leverrier Street, Bruce ACT 2617
Short Course full Electronic timing

SPOT PRIZES! RAFFLES!

Saturday 4 July

Warm up 10.00am | Start 11.00am

M	W	Event Name
1	2	15 & Over 400 Freestyle
3	4	12-14 400 Freestyle
5	6	9-10 50 Backstroke
7	8	11-12 50 Backstroke
9	10	13-14 50 Backstroke
11	12	15 & Over 50 Backstroke
13	14	11-12 100 Breaststroke
15	16	13-14 100 Breaststroke
17	18	15 & Over 100 Breaststroke
19	20	10 & Under 100 Breaststroke
21	22	10 & Over 200 Butterfly
Proposed Lunch Break		
23	24	9-10 50 Freestyle
25	26	11-12 50 Freestyle
27	28	13-14 50 Freestyle
29	30	15 & Over 50 Freestyle
31	32	12 & Under 200 IM
33	34	Open 200 IM
35	36	11-12 50 Butterfly
37	38	13-14 50 Butterfly
39	40	15 & Over 50 Butterfly
41	42	9-10 50 Butterfly
43	44	10 & Over 200 Breaststroke
45		Mixed 13 & Over 800 Freestyle*
46		Mixed 13 & Over 1500 Freestyle*

Sunday 5 July

Warm up 8.30am | Start 9.30am

M	W	Event Name
47	48	12 & Over 400 IM
49	50	8 & Under 50 Backstroke
51	52	10 & Under 100 Butterfly
53	54	11-12 100 Butterfly
55	56	13-14 100 Butterfly
57	58	15 & Over 100 Butterfly
59	60	8 & Under 50 Freestyle
61	62	10 & Under 100 Freestyle
63	64	11-12 100 Freestyle
65	66	13-14 100 Freestyle
67	68	15 & Over 100 Freestyle
69	70	8 & Under 50 Butterfly
71	72	10 & Over 200 Backstroke
Proposed Lunch Break		
73	74	Open 100 IM
75	76	10 & Under 100 Backstroke
77	78	11-12 100 Backstroke
79	80	13-14 100 Backstroke
81	82	15 & Over 100 Backstroke
83	84	8 & Under 50 Breaststroke
85	86	11-12 50 Breaststroke
87	88	13-14 50 Breaststroke
89	90	15 & Over 50 Breaststroke
91	92	9-10 50 Breaststroke
93	94	10 & Over 200 Freestyle

*QT: 21:00 for 1500; 11:30 for 800. Please BYO

timekeepers (3) and a person to turn the lap counters

Conditions

- Age as at 4 July 2009
- Entries Close:** Paper entries by Tuesday 16 June 2009, electronic by Friday 19 June 2009.
- Entry Fee:**
 - TM/MM Entries \$4.50 per event** (Electronic file with summary sheet) emailed to sharonpriestly@yahoo.com.au.
 - Paper Entries \$5.00 per event** (on Swimming NSW multiple entry cards or similar with summary sheet) mailed to Race Secretary, Ginninderra Swimming Club Inc, PO Box 5083 Lyneham ACT 2602.
 - Payment to accompany entries. One cheque per club please. Entries accepted once payment confirmed.
- Late Entries: Late nominations will be accepted** up to ½ hour before the start of the first session each day. Late entry fee of \$15.00 per event. There will be no Time Trials.
- Medals for 1st, 2nd & 3rd placegetters in each event. In dual age groups eg. 9/10, medals for each age group. '11&Over'; '12&O', '13&O', '15 & O'; '14&U', '12&U', '10&U'; '8 & U' and '12-14' events only attract one set of medals.
- Events 45 & 46 – medals for 1st, 2nd & 3rd male placegetter and 1st, 2nd & 3rd female placegetter for both events.
- Participation ribbons will be handed out to all 8&U swimmers.
- This meet will be conducted in accordance with the rules of Swimming NSW.
- The Meet Director, John Ashley (jsashley@three.com.au or mobile 0433 025 224), reserves the right to alter the program.
- Starting over the top at the Meet Director's discretion. One start rule will apply.
- Normal AIS Pool entry will apply.
- It is a requirement of the AIS that caps must be worn at all times whilst in the pool.