



2010-11 BELL'S & FOXY'S (AA LEVEL) SUMMER DEVELOPMENT SERIES

MEET # 1 HOSTED BY GINNINDERRA



110 BENJAMIN WAY,
BELCONNEN ACT 2617
FREECALL: 1800 672 076

SUNDAY OCTOBER 10, 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

- **\$4.00** per event Age as at 10 October 2010.
- ==== Entries must be submitted through your club ====
- Please check your club entry cut off date

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	1:20.50	1:22.50	1:27.00	1:32.50	1:51.50
Backstroke	1:32.50	1:36.00	1:41.00	1:46.50	1:55.50
Breaststroke	1:46.00	1:49.00	1:57.00	2:02.50	2:19.00
Butterfly	1:30.50	1:36.00	1:40.50	1:50.50	2:04.50
Boys	13 & O	12	11	10	9
Freestyle	1:16.50	1:21.50	1:27.00	1:31.50	1:51.50
Backstroke	1:28.50	1:35.50	1:41.50	1:45.00	1:55.50
Breaststroke	1:42.00	1:49.50	1:57.50	2:01.00	2:19.00
Butterfly	1:26.00	1:34.00	1:39.50	1:50.50	2:04.50

Awards 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 on 62310017 or email lwuth@hups.net

ENTRIES- RACE SECRETARIES INFORMATION

- Cheques payable Ginninderra Swimming Club
- **Electronic entries** to lwuth@hups.net by 10:00 pm 5 October 2010.
- **Paper Entries** – Multi-entry cards preferred, to 25 Barritt St, Kambah ACT 2902 by Monday 4 October 2010.

==== Swimmers and Parents: Entries must be submitted through your club Race Secretary ====

Version: 1 September 2010

All events are mixed events

PROGRAM

EVENT	Age	PROGRAM	BREAK TIMES	
			Boys	Girls
1 200m Individual Medley	9		3:50.00	3:50.00
	10		3:25.00	3:26.00
	11		3:14.50	3:14.50
	12		3:05.50	3:07.00
3 25m Butterfly	13 & O		2:53.00	3:00.00
	10 & U		30.00	30.00
4 50m Butterfly	9 & U		N/A	N/A
	10		45.00	45.00
6 50m Butterfly	11		40.50	41.00
	12		38.50	39.00
	13 & O		35.50	37.00
	8		N/A	N/A
8 100m Backstroke	9		1:45.00	1:45.00
	10		1:35.50	1:36.50
	11		1:32.00	1:31.50
	12		1:26.50	1:27.00
	13 & O		1:20.50	1:24.00
	10		4:37.50	4:37.50
10 200m Breaststroke	10		4:02.00	4:04.50
	11		3:45.00	3:45.50
	12		3:31.50	3:34.00
	13 & O		3:20.00	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		38.00	38.50
14 50m Freestyle	11		36.50	36.50
	12		35.00	35.50
16 100m Butterfly	13 & O		32.00	34.00
	8 & U		N/A	N/A
	9		1:53.00	1:53.00
	10		1:40.50	1:40.50
18 200m Backstroke	11		1:30.50	1:31.00
	12		1:25.50	1:27.00
	13 & O		1:18.50	1:22.00
	9		3:51.00	3:51.00
19 25m Breaststroke	10		3:30.50	3:32.50
	11		3:15.00	3:16.50
	12		3:06.00	3:07.00
	13 & O		2:57.50	3:00.50
20 50m Breaststroke	10 & U		35.00	35.00
	9 & U		N/A	N/A
22 50m Breaststroke	10		49.50	50.00
	11		48.00	47.50
	12		44.50	44.50
	13 & O		41.50	43.00
24 100m Freestyle	8 & U		N/A	N/A
	9		1:41.00	1:41.00
	10		1:23.00	1:24.00
	11		1:19.00	1:19.00
26 200m Butterfly	12		1:14.00	1:15.00
	13 & O		1:09.50	1:13.00
	9		4:09.00	4:09.00
	10		3:41.50	3:41.50
27 25m Backstroke	11		3:23.50	3:25.00
	12		3:14.00	3:18.00
28 50m Backstroke	13 & O		3:00.00	3:08.50
	10 & U		30.00	30.00
30 50m Backstroke	9 & U		N/A	N/A
	10		43.00	43.50
32 100m Breaststroke	11		41.50	41.00
	12		39.00	39.00
	13 & O		36.00	38.00
	8 & U		N/A	N/A
34 200m Freestyle	9		2:06.00	2:06.00
	10		1:50.00	1:51.00
	11		1:46.50	1:46.00
	12		1:39.50	1:39.00
34 200m Freestyle	13 & O		1:32.50	1:36.00
	9		3:42.50	3:42.50
	10		3:03.00	3:05.00
	11		2:49.00	2:50.50
34 200m Freestyle	12		2:42.00	2:44.00
	13 & O		2:32.00	2:37.50

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