

NSW Country Regional Meets

Albury, Armidale, Mingara

23 - 24 January 2010

ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Any swimmer who has won a medal in any State Championship (Country, State Age or State Open) in either Summer or Winter from the 1st February 2009 may enter but they are **INELIGIBLE TO RECEIVE A MEDAL in that stroke/s in the All Age Events at the Regional Meets**. Indication by these medallists at the time of entry is requested.

Members of NSW Metropolitan Clubs are able to enter these meets; however they will be classed as visitors and will be ineligible to receive a medal in any event.

Day One Saturday 23 January 2010				
Session One 10.00AM				
1	M	All Age	200m	Freestyle
2	W	All Age	200m	Freestyle
3	M	All Age	200m	Breaststroke
4	W	All Age	200m	Breaststroke
5	M/W	MC	100m	Freestyle
6	M	All Age	100m	Backstroke
7	W	All Age	100m	Backstroke
8	M	All Age	50m	Butterfly
9	W	All Age	50m	Butterfly
10	M	All Age	800m	Freestyle
11	W	All Age	800m	Freestyle
12	M	All Age	1500m	Freestyle
13	W	All Age	1500m	Freestyle
14	M	All Age	200m	Individual Medley
15	W	All Age	200m	Individual Medley
16	M/W	MC	50m	Butterfly
17	M	All Age	100m	Freestyle
18	W	All Age	100m	Freestyle

Day Two Sunday 24 January 2010				
Session Two 9.00AM				
19	M	All Age	50m	Breaststroke
20	W	All Age	50m	Breaststroke
21	M/W	MC	50m	Freestyle
22	M	All Age	100m	Butterfly
23	W	All Age	100m	Butterfly
24	M	All Age	400m	Freestyle
25	W	All Age	400m	Freestyle
26	M	All Age	50m	Backstroke
27	W	All Age	50m	Backstroke
28	M/W	MC	50m	Backstroke
29	M	All Age	100m	Breaststroke
30	W	All Age	100m	Breaststroke
31	M	All Age	200m	Butterfly
32	W	All Age	200m	Butterfly
33	M	All Age	50m	Freestyle
34	W	All Age	50m	Freestyle
35	M/W	MC	50m	Breaststroke
36	M	All Age	200m	Backstroke
37	W	All Age	200m	Backstroke

AGE AS AT 23 JANUARY 2010
ENTRIES CLOSE MONDAY 11 JANUARY, 2010
ENTRY FEE \$6 PER INDIVIDUAL EVENT
(GST INCLUSIVE)

NOTE: All events will be swum as timed finals. The all age events will be swum with all age groups combined with the slowest heat first. Following the completion of each all age event, medals will be awarded to the first 3 place-getters in each of the following age groups: 9 years and under, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years and over. For events 10-13, medals will be awarded to the first 3 place-getters in the following age groups: 14 & Under & 15 & Over, Medals will be awarded to the first 3 place getters in the MC events.

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No entry qualifying times are applicable except for the events listed in the table below.
800m & 1500m Freestyle entry times must be times achieved in a 400m Freestyle Event.

Qualifying Times	Male	Female
All Age 200m Freestyle	2:40.00	2:50.00
All Age 400m Freestyle	5:30.00	5:50.00
All Age 800m Freestyle	Use 400m QT for these events	
All Age 1500m Freestyle		
All Age 200m Backstroke	3:00.00	3:10.00
All Age 200m Breaststroke	3:20.00	3:35.00
All Age 200m Butterfly	3:00.00	3:10.00

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