



Canberra Amateur Swimming Club Pentathlon

Sunday 5 September 2010 AIS Pool Hall, ACT

Long Course Development Meet with Electronic Timing

Warm-up 11.00 am Start 12.00 midday

M	W	Event
1	2	8 & U 50m Freestyle
3	4	9-10yrs 50m Freestyle
5	6	11-12 yrs 50m Freestyle
7	8	13-14 yrs 50m Freestyle
9	10	15 & O 50m Freestyle
11	12	8 & U 50m Breaststroke
13	14	9-10 yrs 50m Breaststroke
15	16	11-12 yrs 50m Breaststroke
17	18	13-14 yrs 50m Breaststroke
19	20	15 & O 50m Breaststroke
21	22	8 & U 50m Butterfly
23	24	9-10 yrs 50m Butterfly
25	26	11-12yrs 50m Butterfly
27	28	13-14 yrs 50m Butterfly
29	30	15 & O 50m Butterfly
31	32	8 & U 50m Backstroke
33	34	9-10 yrs 50m Backstroke
35	36	11-12 yrs 50m Backstroke
37	38	13-14 yrs 50m Backstroke
39	40	15 & O 50m Backstroke
41	42	9-10 yrs 200m IM
43	44	11-12 yrs 200m IM
45	46	13-14 yrs 200m IM
47	48	15 & O 200m IM

This meet is a Pentathlon. Awards will not be given for individual events but for the swimmers who perform the best over the five races of the meet (4 races for 8 years and under). The times for all of the races for each swimmer will be added together. The swimmers with the lowest aggregate times will be the winners.

Break Time

You may only enter this meet if your time for the **200m IM is greater than:**

- Men: 2:14.00
- Women: 2:27.00

Swimmers aged 9 and over are to enter **all 5 events:** 50m freestyle, breaststroke, butterfly and backstroke and 200m IM.

No restrictions are placed on swimmers aged 8 and under.

Awards

Medals will be awarded to the 1st, 2nd and 3rd male and female placegetters (based on their aggregate time) in each of the following age groups: 8 and under, 9, 10, 11, 12, 13, 14, 15 and over.

Entry Conditions

- Age as at 5 September 2010.
- Entry fee: \$20 for 8 and under and \$25.00 for 9 and over. This fee covers all individual races.
- Entries either on multiple entry cards (summary sheets to be provided) or electronically to cascrasesec@iinet.net.au.
- Manual entries and summary sheets to: The Race Secretary PO Box 627, Civic Square, ACT, 2608.
- One cheque per club, made out to Canberra Amateur Swimming Club Inc.
- **Closing date for entries is Friday 20 August 2010.**
- Meet approved by Swimming ACT and will be conducted under the rules of SNSW.
- The Meet Director reserves the right to alter the program as necessary.
- AIS entry fees apply to swimmers & spectators.
- Caps must be worn at all times in the pools.
- Any enquiries to: Jeremy Moore on **0401 349 995** or jjrmoore@yahoo.com.au