



Queanbeyan Leagues Swimming Club

## PENTATHLON

**Sunday 31 January, 2010**

**Queanbeyan Aquatic Centre**

**Long Course with Semi Automatic Timing**

### Warm-up 9.00 am Start 10.00am

M	W	Event
1	2	8 & U 50m Freestyle
3	4	9-10yrs 50m Freestyle
5	6	11-12 yrs 50m Freestyle
7	8	25m Freestyle
9	10	13-14 yrs 50m Freestyle
11	12	15 & O 50m Freestyle
13	14	8 & U 50m Breaststroke
15	16	9-10 yrs 50m Breaststroke
17	18	11-12 yrs 50m Breaststroke
19	20	25m Breaststroke
21	22	13-14 yrs 50m Breaststroke
23	24	15 & O 50m Breaststroke
25	26	8 & U 50m Butterfly
27	28	9-10 yrs 50m Butterfly
29	30	11-12yrs 50m Butterfly
31	32	25m Butterfly
33	34	13-14 yrs 50m Butterfly
35	36	15 & O 50m Butterfly
37	38	8 & U 50m Backstroke
39	40	9-10 yrs 50m Backstroke
41	42	11-12 yrs 50m Backstroke
43	44	25m Backstroke
45	46	13-14 yrs 50m Backstroke
47	48	15 & O 50m Backstroke
49	50	9-10 yrs 100m IM
51	52	11-12 yrs 200m IM
53	54	13-14 yrs 200m IM
55	56	15 & O 200m IM
57	58	50m Freestyle Age Challenge
59	60	Open 4 x 50m Freestyle Handicapped Club Relay

### Awards

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.

Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female placegetters in each of the following age groups: 8 and under, 9, 10, 11, 12, 13, 14, 15 and over.

### Freestyle Age Challenge

The Freestyle Age Challenge is a race where all of the age group Pentathlon winners will race against each other over 50m swimming freestyle. This is a handicapped race using the freestyle time achieved at this meet.

**Prize of \$50 will be awarded to the winner!**

### Handicapped Club Relay

Teams comprised of those who competed in the freestyle events (except 7 & 8). Times from the day will be used for seeding purposes and the fastest 8 teams will compete. **Entry is free!**

**Prizes – 1<sup>st</sup> - \$100 , 2<sup>nd</sup> - \$50 , 3<sup>rd</sup> - \$25**

### Entry Conditions

- ✓ Age as at 31<sup>st</sup> January, 2010.
- ✓ **Entry fee:** \$20. Covers all individual races.  
25m swimmers \$3.00 per event.  
Relay Entry fee: FREE!
- ✓ Electronic entries (summary sheets to be provided) sent to [disilk@internode.on.net](mailto:disilk@internode.on.net)
- ✓ Manual entries and summary sheets to: The Race Secretary PO Box 216, Queanbeyan, 2620.
- ✓ One cheque per club please, made out to Queanbeyan Leagues Swimming Club Inc.
- ✓ **Closing date for entries is Friday 15<sup>th</sup> January, 2010, except for relays where entries will be accepted until Event 24.**
- 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.
- All events are timed finals.
- Normal pool entry fees apply to swimmers & spectators.
- Any enquiries to: Di Silk on 61401307 or [disilk@internode.on.net](mailto:disilk@internode.on.net)