



TELOPEA SUMMER MEET

HOSTED BY

TELOPEA ASC

A.I.S. Pool, Bruce ACT

31st Oct- 1st November 2009

Saturday 31st October 2009

Warm Up 10.00am

Starting Time 11.00am

| Event No | | Event | | Qual. Time | |
|----------|----|-------|-----------------|------------|------|
| M | W | | | M | W |
| 1 | 2 | Open | 200m Freestyle | 2.20 | 2.30 |
| 3 | 4 | 14&U | 200m Breast | 3.15 | 3.21 |
| 5 | 6 | 10&U | 50m Freestyle | | |
| 7 | 8 | Open | 50m Freestyle | 0.29 | 0.31 |
| 9 | 10 | 15/16 | 50m Freestyle | | |
| 11 | 12 | 13/14 | 50m Freestyle | | |
| 13 | 14 | 11/12 | 50m Freestyle | | |
| 15 | 16 | Open | 100m Butterfly | 1.10 | 1.16 |
| 17 | 18 | 15/16 | 100m Breast | | |
| 19 | 20 | 11/12 | 100m Backstroke | | |
| 21 | 22 | 10&U | 100m Backstroke | | |
| 23 | 24 | Open | 100m Breast | 1.23 | 1.29 |
| 25 | 26 | 14&U | 400m Freestyle | 5.28 | 5.35 |

Anticipated lunch break

| | | | | | |
|----|----|-------|-----------------|------|------|
| 27 | 28 | Open | 400m IM | 5.18 | 5.48 |
| 29 | 30 | 14&U | 400m IM | 5.55 | 6.05 |
| 31 | 32 | 15/16 | 100m Backstroke | | |
| 33 | 34 | 13/14 | 100m Backstroke | | |
| 35 | 36 | Open | 200m IM | 2.40 | 2.50 |
| 37 | 38 | 10&U | 100m Breast | | |
| 39 | 40 | 11/12 | 100m Breast | | |
| 41 | 42 | 13/14 | 100m Breast | | |
| 43 | 44 | Open | 200m Backstroke | 2.40 | 2.48 |
| 45 | 46 | 14&U | 200m Butterfly | 2.48 | 2.59 |

FEATURING THE POPULAR

Knockout Handicap Relay

Event No. 301

Sunday 1st November 2009

Warm Up 8.00am* Starting Time 9.00am*

| Event No | | Event | | Qual Time | |
|----------|----|-------|-----------------|-----------|-------|
| M | W | | | M | W |
| 47 | 48 | 10&U | 200m IM | 3.15 | 3.16 |
| 49 | 50 | Open | 200m Butterfly | 2.39 | 2.56 |
| 51 | 52 | 14&U | 200m Backstroke | 2.46 | 2.54 |
| 53 | 54 | 15/16 | 200m IM | 2.39 | 2.51 |
| 55 | 56 | 10&U | 100m Freestyle | | |
| 57 | 58 | 11/12 | 100m Freestyle | | |
| 59 | 60 | Open | 100m Freestyle | 1.03 | 1.09 |
| 61 | 62 | 13/14 | 100m Freestyle | | |
| 63 | 64 | 15/16 | 100m Freestyle | | |
| 65 | 66 | Open | 1500m Freestyle | 19.00 | 20.30 |
| 67 | 68 | Open | 800m Freestyle | 10.00 | 10.30 |

301 2x50 Metre Knockout Freestyle Handicap Relay

Anticipated lunch break

| | | | | | |
|----|----|-------|-----------------|------|------|
| 69 | 70 | 13/14 | 200m IM | 2.49 | 2.55 |
| 71 | 72 | Open | 100m Backstroke | 1.14 | 1.20 |
| 73 | 74 | 11/12 | 200m IM | 3.09 | 3.10 |
| 75 | 76 | Open | 400m Freestyle | 4.56 | 5.16 |
| 77 | 78 | 14&U | 200m Freestyle | 2.28 | 2.34 |
| 79 | 80 | 10&U | 100m Butterfly | | |
| 81 | 82 | 11/12 | 100m Butterfly | | |
| 83 | 84 | Open | 200m Breast | 3.00 | 3.11 |
| 85 | 86 | 13/14 | 100m Butterfly | | |
| 87 | 88 | 15/16 | 100m Butterfly | | |

* Start time Sunday is determined by AIS requirements. An 8.00 am start has been sought. Start time will posted on the web site and clubs will be notified.

Conditions and Information

- 1 The Meet will be conducted as per the rules of NSW Swimming and is District approved.
- 2 **Age as at Saturday 31st October 2009.**
- 3 **Awards:**
 - Medals for 1st, 2nd and 3rd placegetters in all events. Where dual age events occur, medals for both age groups, i.e. 11/12 event, medals for 11 years and 12 years.
 - For 1st place in Event 301, the Knockout Handicap relay - Two special issue medallions from the Royal Australian Mint. Telopea silver medals for the runners up.
- 4 **Entry Fee: \$4.50 per individual event, \$6 for the Knockout relay.**
- 5 Entries either on multiple entry cards (summary sheets to be provided) or electronically to rhsaywell@bigpond.com Victorian entries will be accepted on Victorian Swimming Summary Sheets. All interstate competitors should seek clearance from their State Associations prior to competing. Clubs are encouraged to forward entries in electronic form together with entry cards.
- 6 **Entries close: Friday 9th October 2009**, except for event 301 where entries will be accepted until Event 60 on Sunday.
Manual entries and summary sheets to: The Meet Director, PO Box 169, CURTIN ACT 2605
- 7 **All events, excepting Event 301, will be conducted as timed finals.** Event 301, the Knockout Freestyle Handicap Relay, will be conducted as provided under Rules R5, R7.8 and R53 of NSW Swimming Inc.
Relay Teams can be:
 - all male; or
 - all female; or
 - one male and one female;
 - and/or mixed clubs;
 - and/or mixed ages

To enter, members of teams must have swum a 50m event on Saturday morning. Entry times must be either the time achieved in a 50m event on Saturday or a faster time than that swum on Saturday. Entry times will be checked and corrected if inaccurate. Teams must have unique, different names if from the same club.
Teams will be seeded with a fast team against a slow team until each team is seeded. The fastest team in each matched pair is re-handicapped and that team will proceed to the next round. The losing team is "knocked out". During the preliminary rounds there will be more than one match race in the pool at the same time and some teams may have a bye.
A maximum of 32 teams can be entered.
- 8 Lanes for timekeeping will be allocated based on the number of swimmers entered per club although all volunteers very welcome.
- 9 **The Meet Director reserves the right to alter the program rules and conditions as necessary.**
- 10 **Normal AIS pool entry will apply.**
11. **The AIS requires that caps be worn in the pool at all times.**

Enquiries to Meet Director: Rod Saywell (02) 62943710 or visit our website for any updates
www.telopeaswimclub.org.au