



**Dandenong Ranges & District Swimming**  
**METRO EAST Association Inc. (Est. 1958)**

## **METRO EAST's 7 – 10 SELECTION TRIALS**

**SUNDAY 17<sup>th</sup> OCTOBER 2010**

### **RINGWOOD AQUATIC CENTRE**

**Greenwood Ave, Ringwood 3134 (Melway 49 H11)**

**Pool Entry and Warm Up: 1.00 pm. Events Start: 2.00 pm.**

#### **PROGRAM OF EVENTS**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE</b>	<b>EVENTS</b>
1	2	10 yrs	50m butterfly
3	4	9 yrs	50m butterfly
5	6	7/8 yrs	50m butterfly
7	8	10 yrs	50m backstroke
9	10	9 yrs	50m backstroke
11	12	8 yrs	50m backstroke
13	14	7 yrs	50m backstroke
22	23	10 yrs	50m breaststroke
24	25	9 yrs	50m breaststroke
26	27	8 yrs	50m breaststroke
28	29	7 yrs	50m breaststroke
30	31	10 yrs	50m freestyle
32	33	9 yrs	50m freestyle
34	35	8 yrs	50m freestyle
36	37	7 yrs	50m freestyle

#### **CONDITIONS OF ENTRY**

1. Meet will be conducted under the rules of Swimming Australia Ltd.
2. Pool depth at diving end is 1.8 metres. Pool length: 50 metres.  
Pool phone no: 9298 4520.
3. Swimmers must be registered as a "competitive" member with a District East affiliated Club.
4. Age as at **14<sup>th</sup> November 2010**.
5. Clubs are encouraged to submit entries via Team Manager file to [east.meets@hotmail.com](mailto:east.meets@hotmail.com) with entry fee and summary mailed to the address below.
6. Non electronic entries on SV's Club and District Meet Individual Entry form.
7. Entry fee: \$5.00 per event, **cheque/money order payable to DRDSA;**  
**NO CREDIT CARDS**
8. Entries close on Fri 8<sup>th</sup> October 2010. **NO LATE ENTRIES WILL BE ACCEPTED.**
9. **Entries to be sent to 7 to 10s c/- PO Box 4001, Balwyn East 3103.**
10. Enquiries to [east.meets@hotmail.com](mailto:east.meets@hotmail.com) or Margaret Matthews on 97355485
11. Refund of entry fees will only be provided if the entry is rejected.
12. **The ten fastest swimmers in each event (not heat) will qualify to represent the District in the Metro 7 to 10 finals at MSAC on 14<sup>h</sup> November (events start: 9.00am)**
13. **These swimmers will also qualify to swim in the North (v) East 7 to 10 Meet on 7<sup>th</sup> Nov**
14. Qualifiers who are to compete in the finals will receive a District East T-Shirt and cap.
15. Program will be available for download from [www.metroeastswimming.com.au](http://www.metroeastswimming.com.au) by 14<sup>th</sup> October.
16. Program will not be available for sale on the day.