



LARA SWIMMING CLUB

PROPOSED QUALIFYING MEET (S.A.T.S. IN USE)

SATURDAY 5 DECEMBER 2009

ABE & JEAN McCLELLAND POOL (50m OUTDOOR)
Bank St., Lara, 3212 (Melway Map 222, B5)

MORNING SESSION BEGINS AT 9:00AM (WARM-UP FROM 8:00AM)

GIRLS	BOYS	EVENT		
1	2	50m	8/U	Butterfly
3	4	50m	9/10	Butterfly
5	6	50m	11/12	Butterfly
7	8	50m	13/14	Butterfly
9	10	50m	15/OVER	Butterfly
11	12	50m	8/U	Backstroke
13	14	50m	9/10	Backstroke
15	16	50m	11/12	Backstroke
17	18	50m	13/14	Backstroke
19	20	50m	15/OVER	Backstroke

GIRLS	BOYS	EVENT		
21	22	50m	8/U	Breaststroke
23	24	50m	9/10	Breaststroke
25	26	50m	11/12	Breaststroke
27	28	50m	13/14	Breaststroke
29	30	50m	15/OVER	Breaststroke
31	32	50m	8/U	Freestyle
33	34	50m	9/10	Freestyle
35	36	50m	11/12	Freestyle
37	38	50m	13/14	Freestyle
39	40	50m	15/OVER	Freestyle

LUNCH BREAK: 30 MINUTES

GIRLS	BOYS	EVENT		
41	Open 100m Breaststroke Handicap			
42	43	100m	11/U	Butterfly
44	45	100m	12/13	Butterfly
46	47	100m	14/15	Butterfly
48	49	100m	16/OVER	Butterfly
50	51	100m	11/U	Backstroke
52	53	100m	12/13	Backstroke
54	55	100m	14/15	Backstroke
56	57	100m	16/OVER	Backstroke

GIRLS	BOYS	EVENT		
58	59	100m	11/U	Breaststroke
60	61	100m	12/13	Breaststroke
62	63	100m	14/15	Breaststroke
64	65	100m	16/OVER	Breaststroke
66	67	200m	OPEN	CHOICE
68	69	100m	11/U	Freestyle
70	71	100m	12/13	Freestyle
72	73	100m	14/15	Freestyle
74	75	100m	16/OVER	Freestyle

- Swimmers in Events 66 & 67 must nominate a stroke (Butterfly, Backstroke, Breaststroke, Freestyle or I.M.) and provide an entry time.
- On behalf of Swimming Victoria, the Lara Swimming Club will present the **Alice Burton Trophy** to the winner of Event 41 (Open 100m Breaststroke Handicap). The final of Event 41 will take place at the conclusion of Event 67.
- For G.D.S.A. Swimmers only, the results of Events 31 to 40 will be taken into account when awarding the **Ruby Lord Memorial Cup** (girls) and the **Hitchcock Shield** (boys).

CONDITIONS

- All entries on S.V. Entry Sheets (2009).
- Swimming Australia rules apply.
- Pool Depth: 3.0m (diving) to 0.9m (finish / turns).
- Medals presented to 1st, 2nd & 3rd in all events.
- All events other than 21, 22 & 45 to be decided on time trial basis.
- The Club reserves the right to alter the program at the discretion of the organising committee.

Entries close: Tuesday 24 November

Entries: \$6 per event (includes \$1 SV levy)

Entries to: LARA SWIMMING CLUB, P.O. BOX 146, LARA, 3212

Cheque or Money Order Only

Enquiries: Kevin O'Neil

Phone: 9974 8622 / 0400 00 9872

Email: kevin.oneil@ozemail.com.au

Lara Swimming Club website ... <http://home.vicnet.net.au/~laraswim/>

An Entry List and approximate Meet Timeline will be available on our website from 1 December.

The Lara Swimming Club will also be conducting an Encouragement Meet on Sunday 7 February 2010.