

## LARA WEEKLY SWIM MEETS & LEARN TO SWIM DATES – SEASON 2009/2010

<b>Sun 2<sup>nd</sup> Aug</b>	<b>Geelong Aquatic – (Norlane)</b>
<b>Sat 8<sup>th</sup> Aug</b>	<b>Melbourne Vicentre – MSAC</b>
<b>Sat 22<sup>nd</sup> &amp; Sun 23<sup>rd</sup> Aug</b>	<b>Victorian Short Course Championships - Wangaratta</b>

Date	Stroke	Race Type	Championship Age Groups						Handicap Age Groups					
			8/U	10/U	12/U	14/U	16/U	OPEN	8/U	10/U	12/U	14/U	16/U	OPEN

**SWIMMING CLUB HELD AT HANDBURY CENTRE (GEELONG GRAMMAR SCHOOL CORIO) – NO LEARN TO SWIM**

Fri 2 <sup>nd</sup> Oct 5:45 pm	Free	champ/s	25	50	50	50	50	50	50						
	Back	champ/s	25	50	50	50	50	50	50						
	Fly	champ/s	25	50	50	50	50	50	50						

Fri 9 <sup>th</sup> Oct 5:45 pm	Breast	champ/s	25	50	50	50	50	50	50						
	I.M.	champ/s	4x25	4x25	4x25	4x25	4x25	4x25	4x25						
	Free	champ/s	50	50	50	50	50	50	50						

Fri 16 <sup>th</sup> Oct 5.45 pm	Fly	champ/s	50	50	50	100	100	100	100						
	Breast	champ/s	50	50	50	100	100	100	100						
	Back	champ/s	50	50	50	100	100	100	100						

**Sun 18<sup>th</sup> Oct                      Minis 6-10 (Norlane)**

Fri 23 <sup>rd</sup> Oct 5:45 pm	I.M.	champ/s	4x50	4x50	4x50	4x50	4x50	4x50	4x50						
	Fly	champ/s	25	50	50	50	50	50	50						
	Free	champ/s	50	50	50	50	50	50	50						

Fri 30 <sup>th</sup> Oct 5:45 pm	BBB	champ/s	50	50	50	100	100	100	100						
	Breast	champ/s	50	50	50	50	50	50	50						
	Back	champ/s	50	50	50	50	50	50	50						

**SWIMMING CLUB COMMENCES AT LARA POOL – LEARN TO SWIM LESSONS BEGIN**

Sat 7 <sup>th</sup> Nov 8:00 am	Free	champ/s	50	50	50	50	50	50	50						
	Back	champ/s	50	50	50	50	50	50	50						
	Fly	champ/s	25	50	50	50	50	50	50						
	Breast	champ/s	50	50	50	50	50	50	50						

Sat 14 <sup>th</sup> Nov 8:00 am	Breast	champ/s	50	50	100	100	100	100	100						
	Back	champ/s	50	50	100	100	100	100	100						
	Free	champ/s	50	50	100	100	100	100	100						
	Fly	handicap								25	50	50	50	50	50

**Sat 14<sup>th</sup> Nov                      7-10 Encouragement Carnival (MSAC)**

**Sat 21<sup>st</sup> Nov                      Geelong Open (Kardinia)**

**Sun 22<sup>nd</sup> Nov                      City By The Bay (Kardinia)**

Sat 28 <sup>th</sup> Nov 8:00 am	Free	champ/s	50	50	100	100	100	100	100						
	Breast	champ/s	50	50	100	100	100	100	100						
	Fly	handicap								25	50	50	50	50	50
	Back	handicap								50	50	50	50	50	50

**Sat 5<sup>th</sup> Dec                      Lara Carnival**

Sat 12 <sup>th</sup> Dec 8:00 am	Free	champ/s	50	50	100	200	200	200	200						
	Free	handicap								50	50	50	50	50	50
	Back	handicap								50	50	100	100	100	100

Fri 18 <sup>th</sup> Dec 6:30 pm	Free	handicap								50	50	50	50	50	50
	Naphine Pairs	handicap	<b>Entry Time On Entry Board</b>							2x50	2x50	2x50	2x50	2x50	2x50
	<b>Christmas Break Up</b>														

**19<sup>th</sup> & 20<sup>th</sup> Dec                      11/12 State Championships**

## LARA WEEKLY SWIM MEETS & LEARN TO SWIM DATES – SEASON 2009/2010

6 <sup>th</sup> – 10 <sup>th</sup> Jan			Age State Championships											
			Championship Age Groups						Handicap Age Groups					
Date	Stroke	Race Type	8/U	10/U	12/U	14/U	16/U	OPEN	8/U	10/U	12/U	14/U	16/U	OPEN
Sat 9 <sup>th</sup> Jan 8:00 am	Back	handicap							50	50	50	50	50	50
	Breast	handicap							50	50	50	50	50	50
	Free	handicap							50	50	100	100	100	100
15 <sup>th</sup> – 17 <sup>th</sup> Jan			Open State Championships											
Sat 16 <sup>th</sup> Jan 8:00 am	Fly	champ/s	50	50	50	50	50	50						
	Back	champ/s	50	50	50	50	50	50						
	Free	champ/s	50	50	50	50	50	50						
	Breast	champ/s	50	50	50	50	50	50						
23 <sup>rd</sup> – 25 <sup>th</sup> Jan			Victorian Country Championships (Warrnambool)											
Sat 30 <sup>th</sup> Jan 8:00 am	BBB	champ/s	200	200	200	200	200	200						
	Fly	champ/s	50	50	50	50	50	50						
	Breast	handicap							50	50	100	100	100	100
Sat 6 <sup>th</sup> Feb 8:00 am	I.M.	champ/s	4x25	4x50	4x50	4x50	4x50	4x50						
	Breast	handicap							50	50	50	50	50	50
	Fly	handicap							50	50	50	50	50	50
Sun 7 <sup>th</sup> Feb			Lara Encouragement Carnival											
Sat 13 <sup>th</sup> Feb 8:00am	Free	champ/s	JUNIOR 200			SENIOR 400			Enter Time On Entry Board As It Will Be Seeded					
	Back	champ/s	50	50	50	50	50	50						
13 <sup>th</sup> – 14 <sup>th</sup> Feb			State Sprint Championships											
Sat 20 <sup>th</sup> Feb 8:00 am	Back	handicap							50	50	100	100	100	100
	Free	handicap							50	50	100	100	100	100
	Fly	handicap							50	50	50	50	50	50
	Breast	handicap							50	50	100	100	100	100
Sat 27 <sup>th</sup> Feb 8:00 am	Free	champ/s	50	50	100	100	100	100						
	I.M.	champ/s	4x50	4x50	4x50	4x50	4x50	4x50						
			<b>Semi-retired 4x25 Time Trial – Names to Phil</b>											
Sat 6 <sup>th</sup> Mar 8:00 am	Free	champ/s	JUNIOR 400			SENIOR 800			Enter Time On Entry Board As It Will Be Seeded					
Sat 13 <sup>th</sup> Mar 8:00 am	Breast	champ/s	50	50	100	100	100	100						
	Fly	champ/s	50	50	100	100	100	100						
	Free	handicap							200	200	200	200	200	200
Sun 14 <sup>th</sup> Mar			All Junior Competition (Lara)											
Sat 20 <sup>th</sup> Mar 8:00 am	Back	champ/s	50	50	50	50	50	50						
	Breast	champ/s	50	50	50	50	50	50						
	Free	champ/s	50	50	50	50	50	50						
			<b>SUPERFISH DAY – CERTIFICATE GIVEN TO SWIMMERS COMPLETING 1500 METRES</b>											
Sat 27 <sup>th</sup> Mar 8:00 am	Back	champ/s	50	50	100	100	100	100						
	Free	handicap							50	50	50	50	50	50
	I.M.	handicap	<b>Semi-retired 4x25 Final</b>						4x50	4x50	4x50	4x50	4x50	4x50
			<b>END OF SEASON BREAK UP</b>											