



LARA SWIMMING CLUB

~ ENCOURAGEMENT MEET ~ SUNDAY 7 FEBRUARY 2010

ABE & JEAN McCLELLAND - (50m OUTDOOR)
Bank St, Lara, 3212. Melways: Map 222, B5

- Entries Close: Friday 29 January.
- This Encouragement Meet is open to Registered and Non-Registered Swimmers.
- Swimmers must be able to swim 50m in any event in which they have entered.

THIS MEET BEGINS AT 10:00AM (WARM-UP FROM 9:00AM)

| GIRLS | BOYS | EVENT: | | |
|-------|------|--------|------------|--------------|
| | 1 | 50m | SWD | Butterfly |
| 2 | 3 | 50m | 10 & Under | Butterfly # |
| 4 | 5 | 50m | 11 yrs | Butterfly |
| 6 | 7 | 50m | 12 yrs | Butterfly |
| 8 | 9 | 50m | 13 yrs | Butterfly |
| 10 | 11 | 50m | 14 yrs | Butterfly |
| | 12 | 50m | SWD | Backstroke |
| 13 | 14 | 50m | 8 & Under | Backstroke # |
| 15 | 16 | 50m | 9 & 10 yrs | Backstroke # |
| 17 | 18 | 50m | 11 yrs | Backstroke |
| 19 | 20 | 50m | 12 yrs | Backstroke |
| | 21 | 50m | 7 & Under | Kickboard # |
| 22 | 23 | 50m | 13 yrs | Backstroke |
| 24 | 25 | 50m | 14 yrs | Backstroke |

| GIRLS | BOYS | EVENT: | | |
|-------|------|--------|------------|----------------|
| | 26 | 50m | SWD | Breaststroke |
| 27 | 28 | 50m | 8 & Under | Breaststroke # |
| 29 | 30 | 50m | 9 & 10 yrs | Breaststroke # |
| 31 | 32 | 50m | 11 yrs | Breaststroke |
| 33 | 34 | 50m | 12 yrs | Breaststroke |
| 35 | 36 | 50m | 13 yrs | Breaststroke |
| 37 | 38 | 50m | 14 yrs | Breaststroke |
| | 39 | 50m | SWD | Freestyle |
| 40 | 41 | 50m | 8 & Under | Freestyle # |
| 42 | 43 | 50m | 9 yrs | Freestyle |
| 44 | 45 | 50m | 10 yrs | Freestyle |
| 46 | 47 | 50m | 11 yrs | Freestyle |
| 48 | 49 | 50m | 12 yrs | Freestyle |
| 50 | 51 | 50m | 13 yrs | Freestyle |
| 52 | 53 | 50m | 14 yrs | Freestyle |

FREESTYLE RELAYS (MIXED OR SAME SEX):

| RELAY | EVENT: | | |
|-------|--------|-----------------------|-------------|
| 54 | 2x50m | Total Age: 18 & Under | Pairs Relay |
| 55 | 2x50m | Total Age: 20 & Under | Pairs Relay |

| RELAY | EVENT: | | |
|-------|--------|-----------------------|-------------|
| 56 | 2x50m | Total Age: 24 & Under | Pairs Relay |
| 57 | 2x50m | Total Age: 25 & Over | Pairs Relay |

CONDITIONS:

- Swimming Victoria Rules & Regulations enforced.
- All entries on the slip below.
- One start rule applies.
- All events are decided on a time trial basis.
- Pool Depth: 3.0m (diving) to 0.9m (finish).
- Pairs Relays will start in the water at the shallow end.
- Medals will be presented to the 1st, 2nd & 3rd place-getters in all events.
- Medals awarded in Events # to place-getters aged 6 to 9 in year groups, as appropriate.
- Ribbons presented to non-medalists.

Entries: **\$4 per event / Pairs Relays: \$6 (\$3 each)**

Enquiries: **Kevin O'Neil** Phone: **5282 4183 / 0400 00 9872** Email: **kevin.oneil@ozemail.com.au**

Lara Swimming Club website ... <http://home.vicnet.net.au/~laraswim/>
Check the website for timelines and entry lists from 3 February.

X Please make your cheque / money order out to **Lara Swimming Club** and attach it here.

Swimmer's Name: Age as at 7 Feb: Date of Birth:

Address: Phone Number:

Male / Female Swimming Club (if applicable):

| Event No. | Stroke | Entry Time (NT if no time available) | \$4 / event | Total |
|------------------|------------------------|--|-----------------|-------|
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| Event No. | Freestyle Relay | Partner's Name and age (): | \$3 each | |
| | Freestyle | | | |

Please mail entries to: "Encouragement Meet" Lara Swimming Club, P.O. Box 146, Lara, 3212