

Country Junior District Competition

Time Trials & Swim Meets

There will be an O&M Time Trial at WAVES on Sunday 29/9/19.

This is an opportunity to get a time to nominate for the Country Junior Rep Team to compete at the Melbourne Sports & Aquatic Centre (MSAC) on Saturday 9/11/19.

Swimmers selected in the Country Junior Rep Team are also encouraged to enter the Albury Swim Meet. This will give swimmers a chance to practice racing in a 50M pool before going to MSAC. Information on the Albury Swim Meet and Central Division Pennants are available on the O&M website.

There will be a Team Meeting in late October. Swimmers will be able to meet the Head Coach and Team Managers, receive their uniforms and fill out the required Rep Team Registration forms.



O&M 8 – 12 Time Trial

- Date:** Sunday 29th September 2019
- Venue:** WAVES
- Start Times:** Warm Up 9:30am
Races 10:00am
- Entries:** Please email your name, Club, events & DOB to selector.omdsa@gmail.com
- Entry Fee:** Pool Entry Fee applies
- Entries Close:** 28th September 2019
- Age as at:** 9th November 2019
- Notes:** This will not be a proposed qualifying meet. It is a time trial only. There will be no medals nor ribbons. Manual Timing will be used. Conducted under the rules of Swimming Victoria and Swimming Australia.
- Registration:** Time Trial is open to registered swimmers.

Male	Female	Age Group	Event	Male	Female	Age Group	Event
1	2	8 years	50 Freestyle	17	18	8 years	50 Breaststroke
3	4	9 years	50 Freestyle	19	20	9 years	50 Breaststroke
5	6	10/11/12	50 Freestyle	21	22	10/11/12	50 Breaststroke
7	8	11/12	100 Freestyle	23	24	11/12	100 Breaststroke
9	10	8 years	50 Backstroke	25	26	8 years	50 Butterfly
11	12	9 years	50 Backstroke	27	28	9 years	50 Butterfly
13	14	10/11/12	50 Backstroke	29	30	10/11/12	50 Butterfly
15	16	11/12	100 Backstroke	31	32	11/12	100 Butterfly



Rep Team Selection Form

Country Junior District Competition - 9/11/19 in Melbourne

Name: _____ DOB: _____

Phone Number: _____

Email: _____

Nominations Close: 30/9/19 (4:00pm)

Personal best Times:

	50M (8 – 12 years)	100M (11 & 12 years)
Freestyle		
Backstroke		
Breaststroke		
Butterfly		

PB's can be from any Qualifying Meet, O&M Swim Meet or Time Trial.

More information on the Swim Meet can be found on the SV website:

<https://vic.swimming.org.au/events/country-junior-district-competition>

The team will be announced on Wednesday 9/10/19 and will be posted on the website. All successful swimmers will receive a letter confirming their selection.

Please send your form to:

O&M Country Junior Rep Team Selector

PO Box 1152

Wodonga Vic 3689

Email: selector.omdsa@gmail.com

Note: Withdrawals must be made by 14/10/19 to allow an alternate swimmer to be selected. Withdrawals after this date will not be accepted unless for medical reasons.

Parents and swimmers are required to make their own way to Melbourne.