



Conducted under the rules of Swimming Australia Ltd and Swimming Victoria Inc

3rd Pennant Program - Hosted by the GT Aquatics Swimming Club

Date of Meet: 6/12/2020 Venue: Lavington Swim Centre
 Warm Up: 9:00am Meet Start: 10:00am

M	Event No	F	Age	Distance	Stroke
1		2	All Age	400m	freestyle
3		4	All Age	50m	freestyle
5 Mixed			Multi Class	50m	freestyle
6		7	All Age	100m	butterfly
8		9	All Age	50m	backstroke
10 Mixed			Multi Class	50m	backstroke
11		12	All Age	100m	breaststroke
13		14	All Age	200m	freestyle
15		16	All Age	50m	butterfly
17 Mixed			Multi Class	50m	butterfly
18 Mixed			12 year / under	50m	butterfly - encouragement
19		20	All Age	100m	freestyle
21		22	All age	200m	IM
23		24	All Age	50m	breaststroke
25 Mixed			Multi Class	50m	breaststroke
26 Mixed			12 Year / under	50m	breaststroke -encouragement
27		28	All Age	100m	backstroke
29		30	All Age	200m	BBB
31		32	10/U	4x50m	Freestyle Relay
33		34	14/U	4x50m	Freestyle Relay
35		36	Open	4x50m	Freestyle Relay

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 50m free / 100m free / 200m free in the one day and receive points for each swim
- BBB – events 29 and 30 are your choice of Back, Breast or Butterfly. Enter these in swim central by selecting the following for Back enter race 29 or 30, Breast enter 43 or 44 and for Butterfly enter 53 or 54, these will all be swum as events 29 and 30.
- You may swim in 2 relays
- Online Entries only – Entries close Thursday 03/12/20 @ 8:00pm
- Swimmers can contact: entries@omdsa.org.au with any queries

Swimmers must compete in at least 1 Pennant to be eligible for this year's O&M LC & Relay Championships

Due to COVID-19 restrictions this event will be self-marshalled, to be administered by Team Managers.

Two spectators per family. Free tickets available via Swim Central to comply with our COVID-19 safety plan. To obtain a ticket Go to store, search for D20 select Pennant 3 (Combined and Multi Class) purchase your appropriate spectator tickets go to checkout.

MEET MOBILE: We will endeavour to have Meet Mobile operational for this meet dependent on satisfactory internet access. All users should be aware that Meet Mobile publishes unverified raw data which cannot be relied upon until the official results have been processed and published. Please do not approach officials about perceived errors until you have verified against the official results.

Encouragement Events

We have included in our Pennant program a mixed 12/under 50metre Butterfly (event 18) and a mixed 12/under 50metre Breaststroke (event 26).

These events have been included to encourage younger swimmers to have a go at swimming these events in a 50metre pool and to progress through to competition level in these strokes.

As these are Encouragement Events, swimmers who enter these events will **NOT** be disqualified and their times will **NOT** be uploaded into the National Data Base.

Swimmers who choose to enter these events are **NOT** allowed to enter the **All Age** events for that stroke.

For example, if you enter Event 18 (50metre Encouragement Butterfly) you cannot enter the All Age 50, 100 or 200 metre Butterfly. Also, if you enter Event 26 (50metre Encouragement Breaststroke) you cannot enter the All Age 50,100 or 200 metre Breaststroke. If you enter either Event 18 (50metre Encouragement Butterfly) or Event 26 (50metre Encouragement Breaststroke) you cannot enter the All Age Individual Medley (200 or 400 metres).

NOTE: Swimmers entering the All Age events **will be** disqualified for incorrect stroke.

This is a great way for coaches to view their swimmers in a competition environment and make adjustments to the strokes to get them ready for competition swimming. To facilitate this we encourage all coaches to take the opportunity to walk with the Judge of Strokes on the side of the pool to discuss how swimmers can improve their strokes.

Reminder - FINA swimsuit policy applies to Competitors 11 years and under

Ovens & Murray Swim meets are run in accordance with the rules of Swimming Victoria and as such we must abide by their By-laws, BL8 Competitions and Events. By-law 6. Costumes



As a 'rule of thumb', for boys, suits that finish closer to the hip than to the knee are acceptable. See below.

Examples of Aqua Shorts/Trunks/Classic Briefs Allowed (examples only):



For girls, traditional style one or two piece bathers are permitted.

In no circumstances are suits with zips or fasteners allowed.

Example of girls' 2 piece – allowed

