

ALBURY NORTH LAVINGTON SWIM CLUB

DISTANCE AND OPEN MEET



26TH and 27TH November 2011 at Lavington Swim Centre Moore St Lavington
50 metre 7 lane heated outdoor pool with SAT timing

Saturday 26 th November Warm up 1.30pm Start 2.30pm						
Session 1 Distance Meet	M	F	Event			Q Time
	1	2	Open	1500m	Free	30.00.00
	3	4	Open	200m	Breast	4.30.00
	5	6	Open	400m	IM	8.00.00
	7	8	Open	200m	Free	4.00.00
	9	10	Open	800m	Free	16.00.00
	11	12	Open	200m	Fly	4.00.00
	13	14	Open	200m	Back	4.00.00
	15	16	Open	400m	Free	8.00.00

Distance Meet

\$\$\$ CASH PRIZES \$\$\$ awarded to
1st, 2nd, 3rd, Male and Female in each event.

Open Meet

MEDALS awarded to 1st, 2nd, 3rd Male & Female in each event.

Swimmer of the Meet

TROPHY and Cash Prize

Sunday 27 th November Warm up 8.00am Start 9.00am							
Session 2 - Open Meet	M	F	Event				
	17	18	Open	200m	Free		
	19		MC - Mixed	50m	Fly		
	20	21	17 / over	50m	Fly		
	22	23	10 / under	50m	Fly		
	24	25	11 - 12	50m	Fly		
	26	27	13 - 14	50m	Fly		
	28	29	15 - 16	50m	Fly		
	30		MC - Mixed	50m	Back		
	31	32	17 / over	50m	Back		
	33	34	8 / under	50m	Back		
	35	36	9 - 10	50m	Back		
	37	38	11 - 12	50m	Back		
	39	40	13 - 14	50m	Back		
	41	42	15 - 16	50m	Back		
	43		MC - Mixed	50m	Free		
	44	45	17 / over	50m	Free		
	46	47	8 / under	50m	Free		
	48	49	9 / 10	50m	Free		
	50	51	11 / 12	50m	Free		
	52	53	13 / 14	50m	Free		
	54	55	15 - 16	50m	Free		
	56		MC - Mixed	50m	Breast		
	57	58	17 / over	50m	Breast		
	59	60	8 / under	50m	Breast		
	61	62	9 - 10	50m	Breast		
	63	64	11 - 12	50m	Breast		
	65	66	13 - 14	50m	Breast		
	67	68	15 - 16	50m	Breast		
	20 minute LUNCH break						
	*NOTE:	Session 3 will commence after the Lunch break					

Sunday 27 th November *Start 12.00noon (approx)						
INVITATION 50m FREESTYLE HANDICAP						
Session 3 - Open Meet	M	F	Event			
	69	70	17 / over	200m	IM	
	71		MC - Mixed	200m	IM	
	72	73	10 / under	200m	IM	
	74	75	11 - 12	200m	IM	
	76	77	13 - 14	200m	IM	
	78	79	15 - 16	200m	IM	
	80	81	17 / over	100m	Fly	
	82	83	12 / under	100m	Fly	
	84	85	13 / 14	100m	Fly	
	86	87	15 / 16	100m	Fly	
	88	89	17 / over	100m	Back	
	90	91	12 / under	100m	Back	
	92	93	13 / 14	100m	Back	
	94	95	15 / 16	100m	Back	
	96	97	17 / over	100m	Breast	
	98	99	12 / under	100m	Breast	
	100	101	13 / 14	100m	Breast	
	102	103	15 / 16	100m	Breast	
	104	105	17 / over	100m	Free	
	106		MC - Mixed	100m	Free	
107	108	12 / under	100m	Free		
109	110	13 / 14	100m	Free		
111	112	15 / 16	100m	Free		

INVITATION - 50 M FREESTYLE HANDICAPS.

- Male and Female will be held prior to event 69.
- Those invited to compete will be selected from the fastest times in the 50m freestyle events from Session 2.
- The winning male and female will receive a cash prize.
- Swimmers invited to compete in the Invitation Handicap **MUST** compete in the 50m freestyle heats **PLUS 3 OTHER** events.

CLOSING DATE: 18th November 2011.

ENTRY FEE: \$4.00 per event

ENQUIRIES TO: Sue O'Brien 0466 600 831

Email enquiries and electronic entries to: gobsob@tpg.com.au

All Cheques and Money Orders Payable to: Albury North Lavington Swim Club PO Box 132, Lavington. NSW, 2641.

NO LATE ENTRIES

Electronic TM or MM entries are preferred from CLUBS only. E-file available from: www.oandmdistrictswimming.org.au

Two day Programs will be available to download in PDF format from: www.southerninlandnswswimming.org.au or www.oandmdistrictswimming.org.au from Friday 25th Nov, 2011

Further details and conditions of entry please refer to page 2 of the flyer available from: www.southerninlandnswswimming.org.au or www.oandmdistrictswimming.org.au

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ENTRY FEE: \$4.00 per event.

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ENQUIRIES TO: Sue O'Brien 0466 600 831

- Email enquiries and electronic entries to: gobsob@tpg.com.au
- All Cheques and Money Orders Payable to: Albury North Lavington Swim Club, PO Box 132, Lavington, NSW, 2641.
- Credit card entries will not be accepted.
- Electronic TM or MM entries are preferred from CLUBS only.
- E-file available from: www.oandmdistrictswimming.org.au

1. This Meet will be conducted under the rules of SNSW.
2. All swimmers must be registered with SNSW, SwimVic or equivalent.
3. Individual entries to be submitted on SNSW or SwimVic entry cards. **NO PHONE ENTRIES.**
4. Swimmers can only enter their own AGE or OPEN events.
5. MC = Multi-Class events are only open to swimmers who have an MC classification. For MC events, classification for all strokes should be included on the entry form.
6. Subject to all conditions being met all results will be forwarded to SNSW.
7. All events will be timed finals.
8. Age as at 27th November 2011.
9. The Meet Director reserves the right to change the program and conditions as necessary.
10. It is the responsibility of swimmers and coaches to ensure that swimmers marshal for their events in a timely manner three events ahead of the event in which they are swimming.
11. Results by event will be posted at the pool in a prominent position. Completed results from the weekend will be available from www.southerninlandnswswimming.org.au and www.oandmdistrictswimming.org.au
12. Events in age group 17 and over will be split to age groups 17 – 24 and 25 and over.

Normal **Pool entry** charges apply.

Two day Programs will be available to download in PDF format from: www.southerninlandnswswimming.org.au and www.oandmdistrictswimming.org.au from Friday 25th November, 2011.

For accommodation enquiries:
www.destinationalburywodonga.com