

# ALBURY AMATEUR SWIM CLUB

## LONG COURSE OPEN MEET – SUNDAY 23<sup>RD</sup> OCTOBER 2011

Qualifying Meet – Approved by SISA



Albury Swim Centre – Wodonga Place Albury - (02) 6021 3011

- 50m heated outdoor pool
- 25m heated warm down pool

**Warm up** 9.00am **Races** 10.00am

**Entry fee** \$5 per event

**Entries Close** **Friday 14<sup>th</sup> October 2011** by **TM / MM** (preferred) to [paul.mills@det.nsw.gov.au](mailto:paul.mills@det.nsw.gov.au)

Send entries with cheque payments made payable to **Albury Amateur Swim Club** to  
Race Secretary PO BOX 212 ALBURY NSW 2640

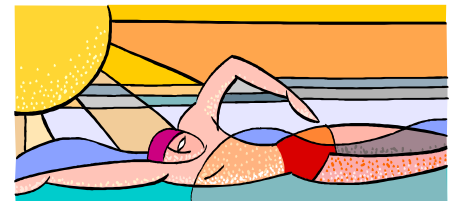
**Pool Entry** Pool Entry Charges apply

**Age as at** 23rd October 2011

*All events and medals awarded are subject to change.*

- Swimmers must be registered with Swimming NSW or Swimming Victoria.
- This is a one start meet, conducted under the rules of Swimming NSW.
- Events and heats may be combined if insufficient entries.
- All events are timed finals.
- Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and female for the following age groupings:

○ 8 /under	○ 10& Under (where indicated)
○ 9/10 yrs	○ 11/12 yrs
○ 13/14 yrs	○ 15/16 yrs
○ 17& Over	○ Open (1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> overall – not per age group)



Boys	Girls	Age	Distance	Stroke	Boys	Girls	Age	Distance	Stroke
1	2	Open	400	Freestyle	57	58	13 /14yrs	50	Backstroke
3	4	13 /14yrs	50	Freestyle	59	60	15/16 yrs	50	Backstroke
5	6	15/16 yrs	50	Freestyle	61	62	17 & Over	50	Backstroke
7	8	17 & Over	50	Freestyle	63	64	8/under	50	Backstroke
9	10	8/under	50	Freestyle	65	66	9/10 Yrs	50	Backstroke
11	12	9/10 Yrs	50	Freestyle	67	68	11/12 Yrs	50	Backstroke
13	14	11/12 Yrs	50	Freestyle	69	70	Open	200	Freestyle
15	16	Open	200	Butterfly	71	72	13 /14yrs	100	Butterfly
17	18	13/14yrs	100	Breaststroke	73	74	15/16 yrs	100	Butterfly
19	20	15/16 Yrs	100	Breaststroke	75	76	17 & Over	100	Butterfly
21	22	17 & Over	100	Breaststroke	77	78	9/10 Yrs	100	Butterfly
23	24	10& Under	100	Breaststroke	79	80	11/12 Yrs	100	Butterfly
25	26	11/12 yrs	100	Breaststroke	81	82	Open	200	Breaststroke
27	28	Open	200	Backstroke	83	84	13 /14yrs	50	Breaststroke
29	30	10& Under	50	Butterfly	85	86	15/16 yrs	50	Breaststroke
31	32	11/12 Yrs	50	Butterfly	87	88	17 & Over	50	Breaststroke
33	34	13 /14yrs	50	Butterfly	89	90	8/under	50	Breaststroke
35	36	15/16 yrs	50	Butterfly	91	92	9/10 Yrs	50	Breaststroke
37	38	17 & Over	50	Butterfly	93	94	11/12 Yrs	50	Breaststroke
39	40	10& Under	100	Backstroke	95	96	13 /14yrs	100	Backstroke
41	42	11/12 yrs	100	Backstroke	97	98	15/16 yrs	100	Backstroke
43	44	Open	800	Freestyle	99	100	17 & Over	100	Backstroke
45	46	13/14 Yrs	100	Freestyle	101	102	10& Under	200	IM
47	48	15/16 Yrs	100	Freestyle	103	104	11/12 Yrs	200	IM
49	50	17 & Over	100	Freestyle	105	106	17 & Over	200	IM
51	52	10/under	100	Freestyle	107	108	13 /14yrs	200	IM
53	54	11/12 Yrs	100	Freestyle	109	110	15/16 yrs	200	IM
55	56	Open	400	IM	111	112	Open	1500	Freestyle

20 min break if required

## Program Synopsis

Stroke	Distance	Age Groups
<b>Freestyle</b>	50	8/under, 9/10, 11/12, 13/14, 15/16, 17& Over
	100	10& Under, 11/12, 13/14, 15/16, 17& Over
	200	Open
	400	Open
	800	Open
	1500	Open
<b>Backstroke</b>	50	8/under, 9/10, 11/12, 13/14, 15/16, 17& Over
	100	10& Under, 11/12, 13/14, 15/16, 17& Over
	200	Open
<b>Breaststroke</b>	50	8/under, 9/10, 11/12, 13/14, 15/16, 17& Over
	100	10& Under, 11/12, 13/14, 15/16, 17& Over
	200	Open
<b>Butterfly</b>	50	9/10, 11/12, 13/14, 15/16, 17& Over
	100	10& Under, 11/12, 13/14, 15/16, 17& Over
	200	Open
<b>IM</b>	200	10& Under, 11/12, 13/14, 15/16, 17& Over
	400	Open