

- When selecting swimmers for Interclub events ENSURE that age restrictions on these events are followed.

## Central Division Interclub Program

**3rd Program**

**YARRAWONGA/MULWALA**

**6<sup>th</sup> December 2009**

**12:30 pm Start**

Water Depth at Shallow End is :

Event No	Age	Stroke	Distance
Boys Girls			
1 Mixed	All Age	IM	200 m
2 3	All Age 10 & Und	Breaststroke	50 m
4 5	All Age 11 - 14 yrs	Breaststroke	50 m
6 7	All Age 15 yrs & Over	Breaststroke	50 m
8 Mixed	Swimming With Disability	Breaststroke	50 m
9 10	All Age 10 & Und	Breaststroke	100 m
11 12	All Age 11 - 14 yrs	Breaststroke	100 m
13 14	All Age 15 yrs & Over	Breaststroke	100 m
15 Mixed	All Age	Breaststroke	200 m
16 17	All Age 10 & Und	Freestyle	100 m
18 19	All Age 11 - 14 yrs	Freestyle	100 m
20 21	All Age 15 yrs & Over	Freestyle	100 m
22 Mixed	All Age	Butterfly	200 m
23 24	All Age 10 & Und	Butterfly	100 m
25 26	All Age 11 - 14 yrs	Butterfly	100 m
27 28	All Age 15 yrs & Over	Butterfly	100 m
29 Mixed	Swimming With Disability	Butterfly	50 m
30 31	All Age 10 & Und	Butterfly	50 m
32 33	All Age 11 - 14 yrs	Butterfly	50 m
34 35	All Age 15 yrs & Over	Butterfly	50 m
36 37	All Age 10 & Und	Backstroke	50 m
38 39	All Age 11 - 14 yrs	Backstroke	50 m
40 41	All Age 15 yrs & Over	Backstroke	50 m
42 Mixed	Swimming With Disability	Backstroke	50 m
43 44	All Age 10 & Und	Freestyle	50 m
45 46	All Age 11 - 14 yrs	Freestyle	50 m
47 48	All Age 15 yrs & Over	Freestyle	50 m
49 Mixed	Swimming With Disability	Freestyle	50 m
50 Mixed	All Age	Backstroke	200 m
51 Mixed	8 yrs & Under Mixed	Freestyle Relay	4 x 50
52 53	10 yrs & Under	Freestyle Relay	4 x 50
54 55	12 yrs & Under	Freestyle Relay	4 x 50
56 57	14 yrs & Under	Medley Relay	4 x 50
58 59	17 yrs & Over	Freestyle Relay	4 x 50
60 61	16 yrs & Under	Medley Relay	4 x 50
62	Open Mixed	Freestyle Relay	8 x 50

All entries to be by Team Manager and emailed to [entries@oandmdistrictswimming.org.au](mailto:entries@oandmdistrictswimming.org.au) by 1.00 pm on the Saturday.

MIXED EVENTS SCORED SEPARATELY AS MALE AND FEMALE