

Central Division Interclub Program

1st Program
22nd November 2009

ALBURY
12:30 pm Start

Water Depth at Shallow End is :

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

All entries to be by Team Manager and emailed to entries@oandmdistrictswimming.org.au by 1.00 pm on the Saturday.

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