

Central Division Interclub Program

2nd Program

ALBURY NORTH/LAVINGTON

29th November 2009

12:30 pm Start

Water Depth at Shallow End is :

Event No	Age	Stroke	Distance
Boys Girls			
1 2	All Age 10 & Und	Freestyle	200 m
3 4	All Age 11 - 14 yrs	Freestyle	200 m
5 6	All Age 15 yrs & Over	Freestyle	200 m
7 8	All Age 10 & Und	Freestyle	100 m
9 10	All Age 11 - 14 yrs	Freestyle	100 m
11 12	All Age 15 yrs & Over	Freestyle	100 m
13 14	All Age 10 & Und	Freestyle	50 m
15 16	All Age 11 - 14 yrs	Freestyle	50 m
17 18	All Age 15 yrs & Over	Freestyle	50 m
19 Mixed	Swimming With Disability	Freestyle	50 m
20 21	All Age 10 & Und	Breaststroke	100 m
22 23	All Age 11 - 14 yrs	Breaststroke	100 m
24 25	All Age 15 yrs & Over	Breaststroke	100 m
26 27	All Age 10 & Und	Backstroke	100 m
28 29	All Age 11 - 14 yrs	Backstroke	100 m
30 31	All Age 15 yrs & Over	Backstroke	100 m
32 Mixed	14 yrs and Under	Breaststroke Relay	4 x 50
33 Mixed	12 yrs and Under	Backstroke Relay	4 x 50
34 Mixed	9 Yrs and Under	Back/Free Relay	4 x 50
35 Mixed	17 Yrs and Over	IM - Relay	400 m
36 Mixed	Swimming With Disability	Backstroke	50 m
37 39	All Age 10 & Und	Backstroke	50 m
39 40	All Age 11 - 14 yrs	Backstroke	50 m
41 42	All Age 15 yrs & Over	Backstroke	50 m
43 Mixed	Swimming With Disability	Breaststroke	50 m
44 44	All Age 10 & Und	Breaststroke	50 m
46 47	All Age 11 - 14 yrs	Breaststroke	50 m
48 49	All Age 15 yrs & Over	Breaststroke	50 m
50 51	All Age 10 & Und	Butterfly	50 m
52 53	All Age 11 - 14 yrs	Butterfly	50 m
54 55	All Age 15 yrs & Over	Butterfly	50 m
56 Mixed	Swimming With Disability	Butterfly	50m
57 58	10 yrs & Under	Freestyle Relay	4 x 50
59 Mixed	8 yrs & Under Mixed	Freestyle Relay	4 x 50
60 61	14 yrs & Under	Freestyle Relay	4 x 50
62 63	17 yrs & Over	Freestyle Relay	4 x 50
64 65	16 yrs & Under	Freestyle Relay	
66 Mixed	Open Mixed	Freestyle Relay	8 x 50

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