

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

Central Division Interclub Program

4th Program

COROWA

17th January 2010

12:30 pm Start

Water Depth at Shallow End is :

Event No		Age	Stroke	Distance
Boys	Girls			
1	2	All Age	Individual Medley	200 m
3	4	All Age 10 & Und	Breaststroke	50 m
5	6	All Age 11 - 14 yrs	Breaststroke	50 m
7	8	All Age 15 yrs & Over	Breaststroke	50 m
9	Mixed	Swimming With Disability	Breaststroke	50 m
10	11	All Age 10 & Und	Backstroke	50 m
12	13	All Age 11 - 14 yrs	Backstroke	50 m
14	15	All Age 15 yrs & Over	Backstroke	50 m
16	Mixed	Swimming With Disability	Backstroke	50 m
17	18	All Age 10 & Und	Backstroke	100 m
19	20	All Age 11 - 14 yrs	Backstroke	100 m
21	22	All Age 15 yrs & Over	Backstroke	100 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	Mixed	Swimming With Disability	Freestyle	50 m
37	38	10 yrs and Under	Freestyle	50 m
39	40	All Age 10 & Und	Freestyle	100 m
41	42	All Age 11 - 14 yrs	Freestyle	100 m
43	44	All Age 15 yrs & Over	Freestyle	100 m
45	46	10 yrs & Under	Freestyle Relay	4 x 50
47	48	12 yrs & Under	Freestyle Relay	4 x 50
49	50	14 yrs & Under	Freestyle Relay	4 x 50
51	Mixed	8 yrs & Under Mixed	Freestyle Relay	4 x 50
52	53	16 yrs & Under	Medley Relay	4 x 50
54	55	17 yrs & Over	Medley Relay	4 x 50
56		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.

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