

SWIMMING METRO SOUTH EAST

14 YEARS AND OVER OPEN MEET

(Includes Area Championships)

Sunday 30 November 2008

SUTHERLAND LEISURE CENTRE

Rawson Ave Sutherland

Warm Up 12noon

Start 1.00pm

| M F | | | | M F | |
|-----|----|---------------------------------|----|-----|---------------------------------|
| 1 | 2 | 14 & 15 yrs 200m Freestyle | 25 | 26 | 14 & 15 yrs 100m Breaststroke |
| 3 | 4 | 16 yrs & over 200m Freestyle | 27 | 28 | 16 yrs & over 100m Breaststroke |
| 5 | 6 | 14 & 15 yrs 200m Breaststroke | 29 | 30 | Open 50m Freestyle |
| 7 | 8 | Open 50m Backstroke | 31 | 32 | 14 & 15 yrs 100m Backstroke |
| 9 | 10 | 16 yrs & over 200m Breaststroke | 33 | 34 | 16 yrs & over 100m Backstroke |
| 11 | 12 | 14 & 15 yrs 200m Backstroke | 35 | 36 | 14 & 15 yrs 100m Butterfly |
| 13 | 14 | 16 yrs & over 200m Backstroke | 37 | 38 | 16 yrs & over 100m Butterfly |
| 15 | 16 | 14 & 15 yrs 200m Butterfly | 39 | 40 | 14 & 15 yrs 200m IM |
| 17 | 18 | 16 yrs & over 200m Butterfly | 41 | 42 | 16 yrs & over 200m IM |
| 19 | 20 | Open 50m Breaststroke | 43 | 44 | Open 50m Butterfly |
| 21 | 22 | 14 & 15 yrs 100m Freestyle | 45 | 46 | Open 200m Freestyle Relay |
| 23 | 24 | 16 yrs & over 100m Freestyle | 47 | 48 | Open 200m Medley Relay |

CONDITIONS OF ENTRY

- 1 Conducted under the rules of Swimming NSW Results sent to SNSW
- 2 Age as at 29 November 2008
- 3 Entries to be submitted on Multi Entry Cards with summary sheet
- 4 Entries close Friday 20 November Entry fee \$4.00 per event Relays \$6.00
- 5 Cheques payable to Swimming Metro South East Incorporated
- 6 A cash prize will be awarded for the top 3 pointscorers in each age group (Male & Female) 14 yrs, 15 yrs and 16 yrs & Over Championship Medals will be awarded to first three Area placegetters in each event.
- 7 **Normal pool entry charges apply**
- 8 **E entry file www.metsea.org.au**
- 9 Participating clubs will be required to supply timekeepers

Entries and Inquires competition@metsea.org.au or 95203716

Deirdre de Plater
4 Kambalda Place
YARRAWARRAH 2233

Available Technical Officials (not timekeepers) please contact Bev Bos (ALEC Convenor) 93449979