

SWIMMING METRO SOUTH EAST

Open State and State Age Qualifying Meet

Saturday 11 July 2009

Sydney Olympic Park Aquatic Centre

Warm up 8am

Start 8.45am

M	F		QT	M	F		Qt
1	2	Open 400m Medley	5:42.00	33	34	Open 400m Freestyle	5:00.00
3	4	Open 200m Butterfly	2:53.00	35	36	10/11 100m Breaststroke	
5	6	10/11yrs 50m Backstroke		37	38	12/13 100m Breaststroke	
7	8	12/13yrs 50m Backstroke		39	40	14/over 100m Breaststroke	
9	10	14yrs/over 50m Backstroke		41	42	10/11 50m Freestyle	
11	12	Open 200m Breaststroke	3:15.00	43	44	12/13 50m Freestyle	
13	14	10/11yrs 100m Freestyle		45	46	14/over 50m Freestyle	
15	16	12/13yrs 100m Freestyle		47	48	Open 200m Freestyle	2:30.00
17	18	14yrs/over 100m Freestyle		49	50	10/11 100m Butterfly	
19	20	10/11yrs 50m Butterfly		51	52	12/13 100m Butterfly	
21	22	12/13yrs 50m Butterfly		53	54	14/over 100m Butterfly	
23	24	14yrs/over 50m Butterfly		55	56	Open 200m Medley	2:50.00
25	26	Open 200m Backstroke	2:53.00	57	58	10/11 50m Breaststroke	
27	28	10/11 100m Backstroke		59	60	12/13 50m Breaststroke	
29	30	12/13 100m Backstroke		61	62	14/over 50m Breaststroke	
31	32	14/over 100m Backstroke		63	64	Open 100m IM	1:15.00

Conditions of Entry

1. Meet conducted under the rules of Swimming NSW Ltd
2. All events are time finals
3. Entries are to be submitted on SNSWL **multi entry cards** with summary sheet
4. Medals will be awarded to the first three places in each event, including both ages in dual age events
- 5. Entries may be restricted to complete the meet on time**
6. No phone or late entries will be accepted
7. All events with a qualifying time are required to be verified by club Race Secretary
8. Age as at 11 July 2009
9. Programs: \$5.00 Spectators: Free
10. Cheques made payable to Swimming Metro South East Ltd
- 11. Entry free \$5.00 per event**
- 12. Entries close 5pm Wednesday 24 June 2009**
- 13. All entries to:** 180 Botany St, Kingsford 2032
Enquires: Jo Wazny 0418 965 147
E-File: www.metsea.org.au
Email: competition@metsea.org.au