



SWIMMING METRO SOUTH EAST

13 Years and Over Winter Championship

Sunday 23 May 2010

Sydney Olympic Park Aquatic Centre

Warm up 8am

Start 8.45am

M	F	Event	QTM	QTF
1	2	Open 400m IM	5:30.00	5:50.00
3		Mixed MC 50m Breaststroke		
5	6	13-14 Years 50m Breaststroke	50.00	55.00
7	8	15 & O Years 50m Breaststroke	45.00	50.00
9	10	13-14 Years 200m Freestyle	2:30.00	2:32.00
11	12	15 & O Years 200m Freestyle	2:21.00	2:29.50
13	14	13-14 Years 100m Butterfly	1:20.00	1:25.00
15	16	15 & O Years 100m Butterfly	1:15.00	1:20.00
17		Mixed MC 50m Backstroke		
19	20	13-14 Years 50m Backstroke	40.00	45.00
21	22	15 & O Years 50m Backstroke	35.00	40.00
23	24	13-14 Years 200m IM	2:51.00	2:54.40
25	26	15 & O Years 200m IM	2:40.00	2:45.00
27	28	13-14 Years 100m Freestyle	1:20.00	1:21.00
29	30	15 & O Years 100m Freestyle	1:15.00	1:20.00
31		Mixed MC 50m Butterfly		
33	34	13-14 Years 50m Butterfly	45.00	50.00
35	36	15 & O Years 50m Butterfly	40.00	45.00
37	38	13-14 Years 200m Breaststroke	3:10.00	3:17.00
39	40	15 & O Years 200m Breaststroke	3:03.20	3:13.00
41	42	13-14 Years 100m Backstroke	1:30.00	1:35.00
43	44	15 & O Years 100m Backstroke	1:25.00	1:30.00
45		Mixed MC 50m Freestyle		
47	48	13-14 Years 50m Freestyle	35.00	40.00
49	50	15 & O Years 50m Freestyle	30.00	35.00
51	52	13-14 Years 200m Backstroke	2:52.20	2:54.00
53	54	15 & O Years 200m Backstroke	2:40.00	2:48.50
55	56	13-14 Years 100m IM	1:40.00	1:45.00
57	58	15 & O Years 100m IM	1:35.00	1:40.00
59	60	13-14 Years 200m Butterfly	2:54.00	3:02.00
61	62	15 & O Years 200m Butterfly	2:43.50	2:55.00
63	64	13-14 Years 100m Breaststroke	1:40.00	1:45.00
65	66	15 & O Years 100m Breaststroke	1:35.00	1:40.00
67	68	Open 400m Freestyle	5:09.00	5:15.00



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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. No phone or late entries will be accepted
6. **Age as at 23 May 2010**
7. Programs: \$3 Spectators: \$2
8. Cheques made payable to Swimming Metro South East Area
9. **Entry fee \$5.00 per event**
10. **Entries close Wednesday 12 May 2010**
11. **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