

Swimming Metro North West

# Level A Long Course Carnival

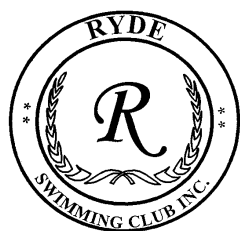
Hosted By

## Ryde-Carlisle Swimming Club

CLUB CHALLENGE CUP

**SUNDAY 17<sup>th</sup> October 2010**

Sydney Olympic Park Aquatic Centre



Warm Up: 7.30am

Start: 8.30am

\*\*\*\* ENTRIES LIMITED to 2800 \*\*\*\*

M	F	QT	Age	Dist	Stroke
1	2	**	All Age	200	Free (TT)
<b>3 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Free</b>
5	6	1:05:00	8&U	50	Breast
7	8	1:00:00	9/10	50	Breast
9	10	55:00	11/12	50	Breast
11	12	50:00	13/14	50	Breast
13	14	45:00	15&O	50	Breast
<b>15 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Breast</b>
17	18	1:50:00	9/10	100	Breast
19	20	1:45:00	11/12	100	Breast
21	22	1:40:00	13/14	100	Breast
23	24	1:35:00	15&O	100	Breast
25	26	**	All Age	200	Back (TT)
<b>27 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Back</b>
29	30	1:00:00	8&U	50	Fly
31	32	55:00	9/10	50	Fly
33	34	50:00	11/12	50	Fly
35	36	45:00	13/14	50	Fly
37	38	40:00	15&O	50	Fly
<b>39 (Mixed)</b>			<b>Open MD</b>	<b>50</b>	<b>Fly</b>
41	42	1:40:00	9/10	100	Fly
43	44	1:35:00	11/12	100	Fly
45	46	1:30:00	13/14	100	Fly
47	48	1:25:00	15&O	100	Fly

M	F	QT	Age	Dist	Stroke
49	50	**	12&U	200	IM
51	52	**	13&O	200	IM
53	54	50:00	8&U	50	Free
55	56	45:00	9/10	50	Free
57	58	40:00	11/12	50	Free
59	60	35:00	13/14	50	Free
61	62	30:00	15&O	50	Free
63	64	1:40:00	9/10	100	Free
65	66	1:30:00	11/12	100	Free
67	68	1:20:00	13/14	100	Free
69	70	1:10:00	15&O	100	Free
71	72	**	All Age	200	Fly (TT)
73	74	1:00:00	8&U	50	Back
75	76	55:00	9/10	50	Back
77	78	50:00	11/12	50	Back
79	80	45:00	13/14	50	Back
81	82	40:00	15&O	50	Back
83	84	1:40:00	9/10	100	Back
85	86	1:35:00	11/12	100	Back
87	88	1:30:00	13/14	100	Back
89	90	1:25:00	15&O	100	Back
91	92	**	All Age	200	Breast (TT)

TT = Time Trial

**QT	BOYS						GIRLS				
	Age	200 Free	200 Back	200 Breast	200 Fly	200 IM	200 Free	200 Back	200 Breast	200 Fly	200 IM
2009 LC State + 10sec	10&U					3.16					3.17
	11&U	2.43.50	3.07	3.34.50	3.15	3.06.50	2.46	3.08.80	3.35	3.16.10	3.07.30
	12y	2.37	2.59	3.22	3.06	2.58.50	2.39.40	3.00	3.24.70	3.10	3.00.50
	13y	2.29	2.52	3.11.50	2.53.50	2.48	2.33	2.54.80	3.20	3.01	2.53.50
	14y	2.24	2.44	3.07	2.46.50	2.41	2.30.60	2.53	3.18	2.57.50	2.50.30
	15y	2.20.80	2.43	3.02.50	2.41	2.38.10	2.30.60	2.52	3.16.50	2.55	2.50.30
	16y	2.18.80	2.41	3.01.50	2.38	2.36.80	2.30.50	2.52	3.16	2.54.50	2.50
	17&O	2.17	2.39.30	2.57.50	2.34	2.35	2.29	2.51	3.14.30	2.51	2.48.50

### CONDITIONS OF ENTRY

Meet conducted under the rules of SNSW Ltd and is an Area approved meet. One start rule will apply.

A LUNCH BREAK will be taken at the discretion of the Meet Director. The Meet Director reserves the right to amend program & conditions.

#### Entries:

- Close: when 2800 entries reached, but no later than Friday 2-Oct-10
- \$5.00 per individual event
- Age: as at 17<sup>th</sup> October 2010
- Entries to be submitted on SNSW **multi entry cards** with Summary Sheet e-file: [www.rydeswimmingclub.com.au](http://www.rydeswimmingclub.com.au)  
email to: [entries@rydeswimmingclub.com.au](mailto:entries@rydeswimmingclub.com.au)  
post to: Ryde-Carlisle Swimming Club, PO Box 3209, PUTNEY NSW 2112

Enquiries: Katrina 0410 507 079, [enquiries@rydeswimmingclub.com.au](mailto:enquiries@rydeswimmingclub.com.au)

**Pool Entry:** \$4.00 Adults, Swimmers & Children FREE

**Programs:** \$4.00

#### Awards:

- Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all age events, including each age in double age group events
- No awards for time trial (TT) events
- Club points awarded to 20th place

**Results:** Results will be on our website