



Swimming ACT 'A Meet'

HOSTED BY

# TELOPEA ASC

A.I.S. Pool, Bruce ACT  
30<sup>th</sup> October- 31<sup>st</sup> October 2010

**FEATURING THE POPULAR**  
**Knockout Handicap Relay**  
**Event No. 301**

## Saturday 30<sup>th</sup> October 2010

Warm Up 9.30am      Starting Time 10.15am

Event No		Event		Qual. Time	
M	W			M	W
1	2	Open	200m Freestyle	2:20.00	2:30.00
3	4	14&U	200m Breast	3:15.00	3:21.00
5	6	10&U	50m Freestyle	38.80	39.90
7	8	Open	50m Freestyle	29.00	31.00
9	10	15/16	50m Freestyle	29.90	33.00
11	12	13/14	50m Freestyle	31.50	34.50
13	14	11/12	50m Freestyle	36.00	37.70
15	16	Open	100m Butterfly	1:10.00	1:16.00
17	18	15/16	100m Breast	1:30.00	1:35.00
19	20	11/12	100m Backstroke	1:30.00	1:32.00
21	22	10&U	100m Backstroke	1:34.00	1:35.00
23	24	Open	100m Breast	1:23.00	1:29.00
25	26	14&U	400m Freestyle	5:28.00	5:35.00

**Anticipated lunch break**

27	28	Open	400m IM	5:18.00	5:48.00
29	30	14&U	400m IM	5:55.00	6:05.00
31	32	15/16	100m Backstroke	1:18.00	1:24.00
33	34	13/14	100m Backstroke	1:20.00	1:25.00
35	36	Open	200m IM	2:40.00	2:50.00
37	38	10&U	100m Breast	1:52.00	1:51.00
39	40	11/12	100m Breast	1:45.00	1:42.00
41	42	13/14	100m Breast	1:34.00	1:37.00
43	44	Open	200m Backstroke	2:40.00	2:48.00
45	46	14&U	200m Butterfly	2:48.00	2:59.00

## Sunday 31<sup>st</sup> October 2010

Warm Up 8.15am\*      Starting Time 9.00am\*

Event No		Event		Qual Time	
M	W			M	W
47	48	10&U	200m IM	3:15.00	3:16.00
49	50	Open	200m Butterfly	2:39.00	2:56.00
51	52	14&U	200m Backstroke	2:46.00	2:54.00
53	54	15/16	200m IM	2:39.00	2:51.00
55	56	10&U	100m Freestyle	1:24.00	1:24.00
57	58	11/12	100m Freestyle	1:18.00	1:18.00
59	60	Open	100m Freestyle	1:03.00	1:09.00
61	62	13/14	100m Freestyle	1:10.00	1:12.00
63	64	15/16	100m Freestyle	1:06.00	1:12.00
65	66	Open	1500m Freestyle	19:00.00	20:30.00
67	68	Open	800m Freestyle	10:00.00	10:30.00

### 301 2x50 Metre Knockout Freestyle Handicap Relay

**Anticipated lunch break**

69	70	13/14	200m IM	2:49.00	2:55.00
71	72	Open	100m Backstroke	1:14.00	1:20.00
73	74	11/12	200m IM	3:09.00	3:10.00
75	76	Open	400m Freestyle	4:56.00	5:16.00
77	78	14&U	200m Freestyle	2:28.00	2:34.00
79	80	10&U	100m Butterfly	1:42.00	1:42.00
81	82	11/12	100m Butterfly	1:30.00	1:30.00
83	84	Open	200m Breast	3:00.00	3:11.00
85	86	13/14	100m Butterfly	1:20.00	1:23.00
87	88	15/16	100m Butterfly	1:15.00	1:21.00

\* Start time Sunday is determined by AIS requirements.  
An 8.00 am venue access has been sought. Start time will posted on the web site and clubs will be notified.

## Conditions and Information

- 1 The Meet will be conducted as per the rules of Swimming NSW and is Swimming ACT approved.
- 2 **Age as at Saturday 30th October 2010.**
- 3 **Awards:**
  - Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placegetters in all events. Where dual age events occur, medals for both age groups, i.e. 11/12 event, medals for 11 years and 12 years.
  - For 1<sup>st</sup> place in Event 301, the Knockout Handicap relay - Two special issue medallions from the Royal Australian Mint. Telopea silver medals for the runners up.
- 4 **Entry Fee: \$4.50 per individual event, \$6 for the Knockout relay.**
- 5 Entries either on multiple entry cards (summary sheets to be provided) or electronically to [rhsaywell@bigpond.com](mailto:rhsaywell@bigpond.com) Cards are not required for electronic entries, however an entry report with proof of time should be submitted with these entries.

Victorian entries will be accepted on Victorian Swimming Summary Sheets.

All interstate competitors should seek clearance from their State Associations prior to competing.
- 6 **Entries close: Friday 8th October 2010**, except for event 301 where entries will be accepted until Event 60 on Sunday.

Manual entries and summary sheets to: **The Meet Director, PO Box 169, CURTIN ACT 2605**
- 7 **All events, excepting Event 301, will be conducted as timed finals.** Event 301, the Knockout Freestyle Handicap Relay, will be conducted as provided under Rules R5, R7.8 and R53 of NSW Swimming Inc.

**Relay Teams** can be:

  - all male; or
  - all female; or
  - one male and one female; - and/or mixed clubs; - and/or mixed ages

To enter, members of teams must have swum a 50m event on Saturday morning. Entry times must be either the time achieved in a 50m event on Saturday or a faster time than that swum on Saturday. Entry times will be checked and corrected if inaccurate. Teams must have unique, different names if from the same club.

Teams will be seeded with a fast team against a slow team until each team is seeded. The fastest team in each matched pair is re-handicapped and that team will proceed to the next round. The losing team is "knocked out". During the preliminary rounds there will be more than one match race in the pool at the same time and some teams may have a bye.

**A maximum of 32 teams can be entered.**
- 8 Lanes for timekeeping will be allocated based on the number of swimmers entered per club although all volunteers very welcome.
- 9 **The Meet Director reserves the right to alter the program rules and conditions as necessary.**
- 10 **Normal AIS pool entry will apply.**
11. **The AIS requires that competitors wear caps in the pool at all times.**

**Enquiries to Meet Director:** Rod Saywell (02) 62943710 or visit our website for any updates [www.telopeaswimclub.org.au](http://www.telopeaswimclub.org.au)