

# LANE COVE SWIM CLUB SPRING MEET



**Sunday 31 October 2010**

Lane Cove Aquatic Centre  
2 Little St, Lane Cove  
(Long Course - 7 lane 50m Outdoor Pool)  
Warm Up: 8:00am Start: 9:00am

**SNSW & AREA AA Approved Meet**

All Results will be sent to SNSW  
**Entries Limited to 1500**  
**Timeline Expected: 9:00 to 3:00pm**

M	F	BT	Event	M	F	BT	Event
1	2	3:30.00	Open 400m Freestyle				Proposed Lunch Break
3	4	29.00	10&U 50m Butterfly				
5	6	27.00	11/12 50m Butterfly				
7	8	25.00	13/14 50m Butterfly	47	48	29.00	10&U 50m Freestyle
9	10	23.00	15&O 50m Butterfly	49	50	27.00	11/12 50m Freestyle
11	12		Open MD 50m Butterfly	51	52	25.00	13/14 50m Freestyle
13	14	1:15.00	10&U 100m Breaststroke	53	54	23.00	15&O 50m Freestyle
15	16	1:10.00	11/12 100m Breaststroke	55	56		Open MD 50m Freestyle
17	18	1:05.00	13/14 100m Breaststroke	57	58	1:00.00	10&U 100m Butterfly
19	20	1:00.00	15&O 100m Breaststroke	59	60	55.00	11/12 100m Butterfly
21	22	2:30.00	12&U 200m I M	61	62	50.00	13/14 100m Butterfly
23	24	2:15.00	13/14 200m I M	63	64	45.00	15&O 100m Butterfly
25	26	2:00.00	15&O 200m I M	65	66	29.00	10&U 50m Backstroke
27	28	1:05.00	10&U 100m Backstroke	67	68	27.00	11/12 50m Backstroke
29	30	1:00.00	11/12 100m Backstroke	69	70	25.00	13/14 50m Backstroke
31	32	55.00	13/14 100m Backstroke	71	72	23.00	15&O 50m Backstroke
33	34	50.00	15&O 100m Backstroke	73	74		Open MD 50m Backstroke
35	36	31.00	10&U 50m Breaststroke	75	76	1:00.00	10&U 100m Freestyle
37	38	29.00	11/12 50m Breaststroke	77	78	55.00	11/12 100m Freestyle
39	40	27.00	13/14 50m Breaststroke	79	80	50.00	13/14 100m Freestyle
41	42	25.00	15&O 50m Breaststroke	81	82	45.00	15&O 100m Freestyle
43	44		Open MD 50m Breaststroke				
45	46	1:45.00	Open 200m Freestyle				

**BT = Break Time Note:** swimmers with a faster time than the Break Time (BT) are ineligible to enter that event

## CONDITIONS OF ENTRY

## SNSW AND AREA APPROVED MEET

- ENTRIES CLOSE** when 1500 entries are reached or no later than Monday 18th October 2010. (A notice will be posted on LCSC website if entries reach maximum) . Age as at 31st October 2010.
- Entry Cost - \$5.00 per individual event. Cheques payable to "LCSC Inc."
- Club e-entry files to be sent to [lcscspringmeet@gmail.com](mailto:lcscspringmeet@gmail.com) . Multi-entry cards with Club Summary Sheet to Race Secretary LCSC, P.O Box 5, LANE COVE 1595.
- TM File available on SNSW Meet Calendar
- Swimmers enter pool free & receive a free sausage sandwich.**
- Admission \$4 per spectator. Programs \$4.00
- SNSW and Area AA approved meet conducted under Swimming NSW rules. All swimmers must be registered with Swimming NSW.
- The Meet Director reserves the right to change the program and conditions of entry. Starting over the top at the Meet Director's discretion. All events are electronic timed finals.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in each event and for the following age-groups ; 8,9,10, combined 11/12 & 13/14.
- Cash prizes for 15&O events of \$20, \$15 & \$10 for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> respectively.** 1<sup>st</sup> place only awarded if 5 swimmers or less, 1<sup>st</sup>, 2<sup>nd</sup> if 6 or less etc.
- Timeline and Results:** will be posted on LCSC website and send to SNSW

**General enquiries:** Ron Aquilina 0413 873 106 or [lcscspringmeet@gmail.com](mailto:lcscspringmeet@gmail.com)

**Volunteers/Timekeepers:** if anyone wishes to assist and volunteer or be a timekeeper/helper on the day, please email or contact Ron Aquilina. Your help is appreciated and you will be well feed and looked after.

**BBQ and Coffee Cart available all day**