

ALL SAINTS SWIMMING CLUB

Highfield Dr Merrimac, Gold Coast QLD
Short Course Preparation Winter Meet 10 years & Over
Saturday 22nd July 2017

PROGRAMME OF EVENTS

Entry Fee: \$6 per event

Warm Up: 7am

Start: 8am

GIRLS		BOYS
1	OPEN 400 Freestyle QT 10-13y 6:35 QT 14 & Ov 6:00	2
3	12y & Over 200 Buterfly QT 3:30	4
5	100 Breaststroke	6
7	50 Freestyle	8
9	12y & Over 200 Backstroke QT 3:25.00	10
11	100 Freestyle	12
13	50 Butterfly	14
15	12y & Over 200 Breaststroke QT 3:50.00	16
17	12y & Over 400 Medley QT 7:20.00	18
19	OPEN 800 Freestyle QT 11 to13y 13:25.00 QT 14 & Ov 11:50.00 Girls only	20 10 to 13 years only
Dash For Cash Races		
21	OPEN 200 Medley QT 10-13y 3:35.00 QT 14 & Ov 3:20.00	22
23	100 Butterfly	24
25	50 Backstroke	26
27	OPEN 200 Freestyle QT 10-13y 3:25.00 QT 14 & Ov 3:00.00	28
29	100 Backstroke	30
31	50 Breaststroke	32
33	100 Medley	34
	12 & ov 1500 Freestyle QT 22:00.00	35

To assist swimmers with entering online events with qualifying times, the qualifying times for the distance events have been removed to allow swimmers to nominate as a "No Time" or NT. Swimmers undertaking this option MUST obtain a written reference from their Club's race secretary and/or coach & sent by email to msabotic123@gmail.com to validate their entry. Un-validated entries will be removed prior to the meet and will NOT be entitled to a refund.

The Dash For Cash - 50m Finals will be held following 800s

DASH will be selected on the fastest 8 Boys & 8 Girls in Events 7 & 8

Prize Money – 1st \$125, 2nd \$75, 3rd \$50, 4th to 8th \$10 each

To be eligible to compete in the dash for cash you must nominate in at least Four (4) events.

AWARDS: Medals will be award to 1st, 2nd & 3rd in each age group 10, 11y, 12y, 13y, 14 & Ov in all 50m event & 100m events. 200/400/800/1500m will not multi aged. **Age champion** awards will be presented to swimmers 10, 11,12,13,14 and Over with the highest accumulated points all 50m & 100m events. Distance Events are not included in Age Championship points.

Nominations close ONLINE on 12th July 2017

Please note we will be capping the number of swimmers at 300

Entries per swimmer is capped at 6 events

No Late entries will be accepted