

**WINTER SHORT COURSE CHAMPIONSHIPS**  
**Saturday 13<sup>th</sup> September 2008**

**Session One**

**Host Club -**

Warm Up 8:00am

Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times	
1	2	Open	400m	Freestyle	4:50.00	5:00.00
3	4	10 Years	100m	Individual Medley	2:05.00	2:05.00
5	6	12-16 Years	50m	Backstroke (Non-Champ)		
7	8	Senior (17/Over)	50m	Freestyle		
9	10	11/Under	100m	Breaststroke (Non-Champ)		
11	12	12 Years	100m	Butterfly	1:50.00	1:55.00
13	14	14 Years	100m	Backstroke	1:40.00	1:45.00
15	16	16 Years	200m	Individual Medley	3:10.00	3:15.00
17		Multi Disability	50m	Butterfly		
19	20	9/Under	50m	Freestyle	55.00	55.00
21	22	Open	100m	Backstroke	1:15.00	1:20.00
23	24	13 Years	100m	Breaststroke	1:45.00	1:50.00
25	26	15 Years	100m	Butterfly	1:35.00	1:40.00
27	28	10 Years & Under	4 x 50	Freestyle Relay		
29	30	11 Years	50m	Backstroke	55.00	55.00
31	32	16 Years	100m	Freestyle	1:15.00	1:20.00
33	34	Open	200m	Individual Medley	2:40.00	2:50.00
35	36	10 Years	50m	Breaststroke	1:00.00	1:00.00
37	38	12 years	200m	Individual Medley	3:25.00	3:30.00
39	40	15 Years & Over	4 x 50	Medley Relay		
	42	Open	800m	Freestyle		11:00.00

**Session Two**

**Host Club -**

Start Time (not before) 1:00pm

M	F	Age	Dist	Event	Qualifying Times	
43	44	Open	200m	Butterfly	2:40.00	2:50.00
45	46	9/Under	100m	Individual Medley	2:10.00	2:10.00
47	48	12-16 Years	50m	Breaststroke (Non-Champ)		
49	50	Senior (17/Over)	50m	Backstroke		
51	52	11/Under	100m	Butterfly (Non-Champ)		
53	54	12 Years	100m	Breaststroke	1:55.00	2:00.00
55	56	14 Years	200m	Individual Medley	3:15.00	3:20.00
57	58	16 Years	100m	Breaststroke	1:40.00	1:45.00
59		Multi Disability	50m	Freestyle		
61	62	15 Years & Over	4 x 50	Freestyle Relay		
63	64	10 Years	50m	Butterfly	1:00.00	1:00.00
65	66	Open	200m	Backstroke	2:40.00	2:50.00
67	68	13 Years	100m	Freestyle	1:20.00	1:25.00
69	70	15 Years	100m	Breaststroke	1:40.00	1:45.00
71	72	14 Years	100m	Freestyle	1:20.00	1:25.00
73	74	10 years & Under	4 x 50	Medley Relay		
75	76	11 Years	50m	Butterfly	55.00	55.00
77	78	9 Years & Under	50m	Backstroke	1:00.00	1:00.00
79	80	Open	100m	Breaststroke	1:25.00	1:35.00

## WINTER SHORT COURSE CHAMPIONSHIPS

Sunday 14<sup>th</sup> September 2008

### Session Three

Host Club -

Warm Up 8:00am

Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times	
81	82	Open	200m	Freestyle	2:15.00	2:25.00
83	84	11 Years	50m	Breaststroke	55.00	55.00
85	86	12-16 Years	50m	Butterfly (Non-Champ)		
87	88	13 & 14 Years	4 x 50	Freestyle Relay		
89	90	Senior (17/Over)	50m	Butterfly		
91	92	11/Under	100m	Freestyle (Non-Champ)		
93	94	12 Years	100m	Backstroke	1:45.00	1:50.00
95	96	13 Years	200m	Individual Medley	3:10.00	3:16.00
97	98	16 Years	100m	Butterfly	1:31.00	1:35.00
99		Multi Disability	50m	Breaststroke		
101	102	10 Years	50m	Backstroke	55.00	55.00
103	104	Open	200m	Breaststroke	3:00.00	3:10.00
105	106	14Years	100m	Butterfly	1:40.00	1:45.00
107	108	15 Years	100m	Backstroke	1:35.00	1:40.00
109	110	11 & 12 Years	4 x 50	Medley Relay		
111	112	9/Under	50m	Breaststroke	1:05.00	1:05.00
113	114	Open	100m	Individual Medley	1:15.00	1:20.00
115	116	13 Years	100m	Butterfly	1:40.00	1:45.00
117	118	11 Years	50m	Freestyle	45.00	45.00
119		Open	1500	Freestyle	20:00.00	

### Session Four

Host Club -

Start Time (not before) 1:00pm

M	F	Age	Dist	Event	Qualifying Times	
121		Mixed	10 x 50	Freestyle Relay		
123	124	Open	400m	Individual Medley	5:40.00	6:00.00
125	126	9/Under	50m	Butterfly	1:00.00	1:00.00
127	128	12-16 Years	50m	Freestyle (Non-Champ)		
129	130	Senior (17/Over)	50m	Breaststroke		
131	132	11/Under	100m	Backstroke (Non-Champ)		
133	134	13 & 14 Years	4 x 50	Medley Relay		
135	136	12 Years	100m	Freestyle	1:25.00	1:30.00
137	138	15 Years	200m	Individual Medley	3:10.00	3:15.00
139	140	16 Years	100m	Backstroke	1:35.00	1:40.00
141		Multi Disability	50m	Backstroke		
143	144	10 Years	50m	Freestyle	50.00	50.00
145	146	Open	100m	Freestyle	1:05.00	1:10.00
147	148	13 Years	100m	Backstroke	1:40.00	1:45.00
149	150	14 Years	100m	Breaststroke	1:45.00	1:50.00
151	152	15Years	100m	Freestyle	1:15.00	1:20.00
153	154	11 Years	100m	Individual Medley	2:00.00	2:00.00
155	156	Open	100m	Butterfly	1:15.00	1:20.00
157	158	11 & 12 Years	4 x 50	Freestyle Relay		

### **CONDITIONS OF ENTRY**

1. Meet conducted under the rules of SNSW & SAL and is district approved.
2. All Events are Timed Finals.
3. Entries to be submitted on SNSWL **MULTI entry cards only** accompanied by a summary sheet.
4. Entry Fees:           \$5.00 per championship event.  
                              \$4.00 per non-championship event.  
                              \$7.00 per relay event
5. Entries Close:       Monday 1<sup>st</sup> September 2008
6. Age as at:            13<sup>th</sup> September 2008.
7. Pool Entry:          Adults \$4-00 per day / \$7-00 Meet Pass
8. Programmes:         \$4-00 per day / \$7-00 Meet Program.
9. Championship medals will be awarded to 1st, 2nd, 3rd placegetters in all events and non-championship medals to each individual age group in joint age events.
10. Finalists ribbons will be awarded for 4<sup>th</sup> to 10<sup>th</sup> in all championship individual age and open events
11. Event 123 must have a minimum of 1 Boy or 1 Girl. This is a non-championship event and no point score will be awarded
12. Points will be awarded to championship and relay events only.
13. Age point score will be awarded in the following age groups:
  - 9 Years and Under Boys and Girls
  - 10 Years Boys and Girls
  - 11 Years Boys and Girls
  - 12 Years Boys and Girls
  - 13 Years Boys and Girls
  - 14 Years Boys and Girls
  - 15 Years Boys and Girls
  - 16 Years Boys and Girls
  - Senior Boys and Girls (17 Years and Over)
  - Open Mens and Womens
14. No Phone or Late Entries will be accepted.

**Forward all entries to:       The Registrar**  
**Swimming Metro South West Inc**  
**215 York Road**  
**South Penrith. 2750**

**Enquiries:                       Kathy Thompson**  
**Phone: 0419 144524**  
**Email: registrar@cumberlanswim.com.au**