



COMPETITIVE SWIMMERS

Here's your 1st chance to secure qualifying times for the Long Course season

September Club Night

on Thursday the 9th of September from 5pm at Challenge Stadium

Proudly Sponsored by Mel Tantrum Coaching

MEET PROGRAM – ORDER OF EVENTS

1. 200m Individual Medley;
2. 50m Butterfly;
3. 200m Butterfly;
4. 50m Backstroke;
5. 200m Backstroke;
6. 50m Breaststroke;
7. 200m Breaststroke;
8. 50m Freestyle;
9. 200m Freestyle.

PLEASE NOTE THE ABOVE PROGRAM ORDER WHEN CHOSING YOUR EVENT AS THERE WILL BE NO BREAKS TO ACCOMMODATE SWIMMERS WHO ARE NOT MARSHALLED WHEN AN EVENT/HEAT IS HANDED TO THE STARTER

STRICT CONDITIONS OF ENTRY APPLY, UNDER INSTRUCTION FROM THE COACHING STAFF:

- ✓ SELECT YOUR EVENTS CAREFULLY AS SCRATCHINGS WILL NOT BE ACCEPTED IN THE MARSHALLING AREA WITHOUT YOUR COACH'S CONSENT.
- ✓ STINGGRAYS can only enter up to 2x50m events.
- ✓ JUNIOR SQUAD can only enter up to 1x200m and 2x50m events.
- ✓ INTERMEDIATE & INTERMEDIATE ADVANCED SQUADS must enter 2 x 200m events.
- ✓ NATIONAL AGE DEVELOPMENT & NATIONAL AGE SQUADS must enter 3 x 200m events.
- ✓ NATIONAL OPEN SQUAD can enter up 2 x 50m events PLUS 2 x 200m events.

NO LATE ENTRIES ACCEPTED - ENTRIES CLOSE:

- ✓ 5:30pm on Tuesday (before the Club Night), being the 7th of September 2010.

ENTRIES TO:

- ✓ Locked Black Box outside club room at Challenge Stadium; or Email registration details to clubnight@inet.net.au

WARM-UP:

- ✓ 4.30pm to 5pm.

START:

- ✓ 5:10pm (Sharp).

FINISH:

- ✓ 6:30pm (approx.).

TIMEKEEPERS REQUIRED:

- ✓ It would be greatly appreciated if parents and/or family members of swimmers make themselves available to assist with timekeeping at Club Nights. Ideally, we require three timekeepers per lane to be seated by 5.10pm.
- ✓ If parents do not indicate their availability on the entry card, then it is assumed that each swimmer will have a family representative available to volunteer as a timekeeper. Parents who did not volunteer as a timekeeper at either the July or August Club Nights are required to time-keep at this meet. If you have not volunteered for three consecutive meets then your child/swimmer will be excluded from the September Club Night program.

STRICTLY NO LATE ENTRIES WILL BE ACCEPTED FOR THIS MEET.