

Inswim Metro and State Qualifying Meet



Sydney Olympic Park Aquatic Centre Sunday 2nd November 2008

Warm up 8.00am
Start 9.00am

ENTRIES ARE LIMITED TO 2400

M	F	Age	Distance	Stroke	M	F	Age	Distance	Stroke
1	2	OPEN	**200	IM	39	40	OPEN	**400	FREE
3	4	10/u	50	BREAST	41	42	10/u	50	FLY
5	6	11/12	50	BREAST	43	44	11/12	50	FLY
7	8	13/14	50	BREAST	45	46	13/14	50	FLY
9	10	15/0	50	BREAST	47	48	15/0	50	FLY
11	12	9/10	100	FREE	49	50	9/10	100	BACK
13	14	11/12	100	FREE	51	52	11/12	100	BACK
15	16	13/14	100	FREE	53	54	13/14	100	BACK
17	18	15/O	100	FREE	55	56	15/O	100	BACK
19	20	OPEN	**200	BREAST	57	58	OPEN	**200	FREE
21	22	10/u	50	BACK	59	60	10/u	50	FREE
23	24	11/12	50	BACK	61	62	11/12	50	FREE
25	26	13/14	50	BACK	63	64	13/14	50	FREE
27	28	15/0	50	BACK	65	66	15/0	50	FREE
29	30	9/10	100	FLY	67	68	9/10	100	BREAST
31	32	11/12	100	FLY	69	70	11/12	100	BREAST
33	34	13/14	100	FLY	71	72	13/14	100	BREAST
35	36	15/O	100	FLY	73	74	15/O	100	BREAST
37	38	OPEN	**200	BACK	75	76	OPEN	**200	FLY
LUNCH BREAK									

CONDITIONS OF ENTRY

1. ****Qualifying time for all OPEN events is State Age Time plus 10 seconds**
2. The meet will be conducted under the rules of SNSW and is an Area approved meet.
3. All events are timed finals. One start rule will apply. The meet director reserves the right to amend the program and conditions of entry.
4. Age as at 2 November 2008
5. Entry Fees: **\$4.50 per event.**
6. Entries Close: Monday 13th October 2008.
7. No late or phone entries will be accepted.
8. Entries on SNSW multi entry cards with summary sheet
9. Spectators **\$4.00** Competitors **Free** Programs **\$4.00**
10. Medals will be awarded for 1st, 2nd and 3rd place in all events, including both ages in dual age events. Open events will attract medals as follows: 12/u, 13yrs, 14yrs, 15yrs, 16 & over 10/u events will award medals to 10yrs, 9yrs and 8/u if warranted
11. Results & E-file at www.inswim.com.au. Email to msmith@unwired.com.au
12. Enquiries to: **Alice Smith 0407 234886** (after 4.30pm)
13. Post entries to: **The Race Secretary – PO BOX 3142, East Blaxland NSW 2774**
14. Results will be available on our website www.inswim.com.au