



MOUNTIES SWIMMING CLUB
2008 Summer Long Course Qualifying Meet
Prairiewood Leisure Centre,
 Prairie Vale Road, Prairiewood
SUNDAY 16TH NOVEMBER 2008

Warm up: 8.00am

Electronic Timing

Start: 9.00am

Men	Age	Event	Women
1	Open	*400 Free	2
3	7/8	50 Free	4
5	9/10	50 Free	6
7	11/12	50 Free	8
9	13/over	50 Free	10
11	10/under	100 Free	12
13	11/12	100 Free	14
15	13/over	100 Free	16
17	10/under	4 x 50 Medley Relay	18
19	11/12	4 x 50 Medley Relay	20
21	13/over	4 x 50 Medley Relay	22
23	7/8	50 Breast	24
25	9/10	50 Breast	26
27	11/12	50 Breast	28
29	13/over	50 Breast	30
31	10/under	100 Breast	32
33	11/12	100 Breast	34
35	13/over	100 Breast	36
37	Open	*200 Mixed	38
LUNCH BREAK			

Men	Age	Event	Women
39	12/under	*200 IM	40
41	13/over	*200 IM	42
43	7/8	50 Fly	44
45	9/10	50 Fly	46
47	11/12	50 Fly	48
49	13/over	50 Fly	50
51	10/under	100 Fly	52
53	11/12	100 Fly	54
55	13/over	100 Fly	56
57	Open	*400 IM	58
59	7/8	50 Back	60
61	9/10	50 Back	62
63	11/12	50 Back	64
65	13/over	50 Back	66
67	10/under	100 Back	68
69	11/12	100 Back	70
71	13/over	100 Back	72
73	10/under	4 x 50 Free Relay	74
75	11/12	4 x 50 Free Relay	76
77	13/over	4 x 50 Free Relay	78

(* QT Summer Age Metrops + 10sec)

CONDITIONS OF ENTRY

1. Conducted under the rules of Swimming NSW Inc and is an area approved meet.
2. One start rule will apply.
3. Entries must be submitted on Swimming NSW **Multi-Entry Cards** accompanied by a summary sheet.
4. Age is at the 16th November 2008.
5. All events will be conducted as timed finals.
6. Medals will be awarded in both age groups in combined events.
7. No late entries or telephone entries will be accepted.
8. The Meet Director reserves the right to alter the programme.

Entries to: Race Secretary
 Mounties Swimming Club
 PO Box 8056
 Mount Pritchard 2170 NSW

Enquiries to: Denise Namroud 8704 3223 A.H.
 Electronic Entries Encouraged

Relay Entries accepted on the day due by 10.30 am

Closing Date: Monday 3rd November
Entry Fee: \$4.50 per event
\$7.00 per relay
Admission: Normal pool entry prices
will apply.
SWIMMERS FREE
Programmes: \$4.00
BBQ WILL OPERATE ALL DAY.

Email: namroudfamily@optusnet.com