



2010 Metsea “A” Distance Time Trials

SATURDAY 27TH November 2010

SOPAC

Warm Up from: 3:00pm in utility pool Start not before: 3.30pm

Boys	Girls	Event	QT Boys	QT Girls
1	2	Open 400m Freestyle	5:27.00	5:32.00
3	4	Open 400m Individual Medley	6:00.00	6:10.00
5 (Mixed)		Open 800m Freestyle	11:00.00	
6 (Mixed)		Open 1500m Freestyle	19:45.00	

Conditions of Entry

1. Meet conducted under the rules of Swimming NSW Ltd.
2. All times forwarded to Swimming NSW Ltd.
3. Meet Director reserves the right to amend program and entry conditions.
4. Age as at 27th November 2010.
5. Entries close Thursday 11th November 2010 at 5pm. After entries close a Start List will be placed on the Area website for swimmers to check their entry. Please advise MetSEA of any errors via e-mail to: competition@metsea.org.au. Program will be available to download for swimmers, parents and coaches from website from Wednesday 24 November 2010.
6. Clubs submitting E-entries do not need to send cards. Clubs not using E-entries or individual persons will need to send entries on SNSW multi-entry card (correctly filled in) to address below.
7. **Entry Fee: \$8.00 per event E-Entries preferred.** No entry fee at gate. Download your own program also from MetSEA website. E-file available from our website: www.metsea.org.au
8. Please forward payment (and cards if not using E-entry) to:
Metsea PO Box 532, Kingsford NSW 2032 E- Entries to competition@metsea.org.au
9. **Cheques made payable to Metro South East Area Inc**
10. Enquiries – Jo Wazny 0418 965 147 or competition@metsea.org.au
11. **All participating clubs will be required to provide officials/timekeepers.**