

**KNOX PYMBLE SWIM CLUB  
LONG COURSE INVITATIONAL CARNIVAL**

**SUNDAY 4<sup>TH</sup> DECEMBER**

**WARM UP 11.00AM, RACES START 12.00PM**

**KNOX GRAMMAR SCHOOL AQUATIC CENTRE,  
WOODVILLE AVE, WAHROONGA**

**HEATED 50M INDOOR POOL WITH SWIM DOWN FACILITY**

**ENTRIES WILL BE LIMITED TO ENSURE 5.00PM FINISH**

**ELECTRONIC / TOUCH PAD TIMING  
PARKING OFF WOODVILLE AVE (LEARN TO SWIM CAR PARK)  
(SEE WEB SITE ..... FOR MAP AND LOCATION)**

ALL EVENTS SEEDED

**MEDALS FOR 8& UNDER, 9YRS , 10YRS , 11YRS , 12YRS , AGE GROUPS**

*\*12 & under swimmers can swim open events, qualifying times apply\**

**ONLY TWO, 200m EVENTS PER SWIMMER max of 5 events per swimmer**

*Qualifying times are guidelines, swimmers may enter the events without official Q.T.*

B	G	Event
1	2	Open 200m Freestyle (Q.T 2:50.)
3	4	10 & under 50m Back
5	6	11 & 12yrs 50m Back
7	8	13& over 100m Back
9	10	10&Und. 200m Ind. Med. (Q.T. 3:30)
11	12	11&12yrs 200m Ind. Med. (Q.T. 3:10)
13	14	13 &over 200m Ind. Med. (Q.T. 3:05)
15	16	10 & under 100m Breaststroke
17	18	11 & 12yrs 100m Breaststroke
19	20	13& over 100m Brest stroke
21	22	10yrs & under 50m Butterfly
23	24	11 & 12yrs 50m Butterfly
25	26	13 years and over 100m Butterfly
27	28	10yrs & under 100m Freestyle

B	G	Event
29	30	11 & 12yrs 100m Freestyle
31	32	13& Over 100m Freestyle
33	34	10yrs & under 50m Freestyle BT
35	36	11 & 12yrs 50m Freestyle
37	38	13& Over 50m Freestyle
39	40	10 & Under 100m Back
41	42	11 & 12yrs 100m Backstroke
43	44	Open 200m Back (Q.T. 3:10.0)
45	46	10 & Under 50m Breaststroke
47	48	11 & 12years 50m Breaststroke
49	50	Open 200m Breaststroke (Q.T. 3:35)
51	52	10yrs & under 100m Butterfly
53	54	11 & 12years 100m Butterfly
55	56	Open 200m Butterfly (Q.T. 3:17.0)

Meet conducted under the rules of SNSW. Times will be forwarded to SNSW.

**Age at 4<sup>th</sup> December. Entry fee \$5.50 per individual event.** Pool entry free; program \$4, parking free.

The meet director reserves the right to amend program and conditions of entry.

Please forward all entries to: **Att: John Bladon, Knox Aquatic Centre, PO Box 5008, Wahroonga, NSW 2076.**

Entries submitted via Team manager. **Please submit entries by Thursday 24<sup>th</sup> November.**

**Cheques made payable to Knox Pymble Swimming Club**

**Enquiries: John Bladon 02 9487 0443 bladonj@knox.nsw.edu.au**

Check [www.knoxswim.com.au](http://www.knoxswim.com.au) for meet for electronic entries file.