



Tuggeranong Vikings Swim Club

ANNUAL QUALIFYING MEET

Saturday and Sunday

23-24 May 2009

AIS Pool Hall

Leverrier Crescent, Bruce, ACT 2617

(25 metre even depth heated indoor pool with full electronic timing)

Conditions of Entry

1. Meet approved by Swimming ACT Inc. and will be conducted under Swimming NSW Inc. Rules.
2. Age as at **23 May 2009**.
3. All events are timed finals.
4. **Eligibility** - registered member of a registered club.
5. The meet will be conducted under the One Start Rule.
6. **Awards:** Medals for 1st, 2nd and 3rd swimmer in each event. Where dual age events occur, medals for both age groups, i.e. 9/10 event, medals for 9 years and 10 years.
* For events 3 and 4, separate medals 12 & U. and 13 & O.
** For events 39 and 40, separate medals 10 & U., 11/12 (combined age group) and 13 & O.
***For events 5 & 6 and 53 & 54, separate medals for 10 & U. and 11/12 (combined age group).
7. # QT based on a swimmers 400 Free time. Depending on entries, Events 33/34 and 35/36 may be combined. Competitors will be required to provide at least one timekeeper each for these events. Please nominate with entries.
8. Relays - limit of two teams per Club per event. Note qualifying time applies. Entry - \$12 per team.
9. Starting over the top at the Meet Director's discretion.
10. The slowest male and female heats of an individual event may be combined.
11. Lanes may be allocated to Clubs for timekeeping. Nominations with entries.
12. The Meet Director reserves the right to change the program and conditions as necessary.
13. Normal AIS Entry fee will apply. Please Note that it is a requirement of the AIS that swim caps **MUST** be worn in the pool.

Entries to: Meet Director, PO Box 1827, Tuggeranong, ACT, 2901.
Entry Fee: \$4.50 for each individual event and \$12.00 per relay team. Postal Entries on NSWSA multiple entry cards or similar, accompanied by a summary sheet and cheque payable to Tuggeranong Vikings Swim Club.

Entries close Friday, 8th May 2009. For Electronic Entries please contact raceseecretary@vikingsswim.org for entry file or check TVSC website (www.vikingsswim.org) closer to the event. **No late entries accepted.**

Enquiries to Rod Hore on (02) 6294 1423 (a.h.) or raceseecretary@vikingsswim.org.



Updated details, electronic entry file and results will be available at TVSC's Web Site www.vikingsswim.org.

PROGRAM OF EVENTS

Saturday 23 May

Warm Up: 11.00 am Start: 12.00 pm

Event No.		Age	Event	QT		
M	W			M	W	
1	2	Open	50	Freestyle Relay	2:30	2:40
3	4	Open	400	Freestyle *	5:30	5:30
5	6	12 & U.	200	IM ***		
7	8	13/14	50	Backstroke		
9	10	15 & O.	100	Backstroke		
11	12	11/12	50	Breaststroke		
13	14	9/10	50	Backstroke		
15	16	13/14	100	Butterfly		
17	18	Open	200	Breaststroke	3:20	3:30
19	20	11/12	50	Butterfly		
21	22	10 & U.	100	Freestyle		
23	24	13/14	50	Freestyle		
25	26	15 & O.	50	Butterfly		
27	28	11/12	100	Backstroke		
29	30	9/10	50	Breaststroke		
31	32	15 & O.	200	IM		
33	34	13 & O.	800	Freestyle #	5:30	5:30
35	36	13 & O.	1500	Freestyle #	5:30	5:30

Sunday 24 May

Warm Up: 8.00 am Start: 9.00 am

Event No.		Age	Event	QT		
M	W			M	W	
37	38	Open	50	Medley Relay	2:40	2:50
39	40	Open	200	Freestyle **		
41	42	9 & U.	100	IM		
43	44	15 & O.	50	Freestyle		
45	46	11/12	50	Backstroke		
47	48	13/14	200	IM		
49	50	8 & U.	50	Freestyle		
51	52	15 & O.	100	Butterfly		
53	54	12 & U.	100	Butterfly ***		
55	56	Open	100	IM	1:25	1:30
57	58	9/10	50	Freestyle		
59	60	13/14	100	Backstroke		
61	62	15 & O.	100	Breaststroke		
63	64	11/12	100	Freestyle		
65	66	10 & U.	100	Backstroke		
67	68	13/14	100	Breaststroke		
69	70	8 & U.	50	Butterfly		
71	72	Open	200	Butterfly	2:55	3:05
73	74	13 & O.	400	IM	6:00	6:10
75	76	15 & O.	50	Backstroke		
77	78	10 & U.	100	Breaststroke		
79	80	13/14	100	Freestyle		
81	82	8 & U.	50	Backstroke		
83	84	11/12	100	Breaststroke		
85	86	9/10	50	Butterfly		
87	88	15 & O.	100	Freestyle		
89	90	13/14	50	Breaststroke		
91	92	8 & U.	50	Breaststroke		
93	94	11/12	50	Freestyle		
95	96	15 & O.	50	Breaststroke		
97	98	13/14	50	Butterfly		
99	100	Open	200	Backstroke	2:55	3:05