

Swimming Mid North Coast Inc.

(Affiliated with Swimming New South Wales Co.)

www.swimmingmnc.com.au

PRESIDENT Faye Rowles
TELEPHONE 0265596260
ABN 61576993302



SECRETARY Ann Pilkie
TELEPHONE 0403988077
FAX

NOTICE TO ALL CLUBS

The Annual General Meeting of this Association will be held at PORT MACQUARIE GOLF CLUB, Ocean Drive Port Macquarie on Sunday 30th. MAY 2010 at **9.30AM**.

BUSINESS.

1. **Apologies.**
2. **Confirmation of minutes** of previous Annual General Meeting. (Note:- These minutes were circulated to Club Secretaries. *Also available on the Website together with other information pertaining to the AGM.)*
3. **Business arising** there from
4. **Correspondence.** Items as listed. Of special note:
5. **Reports**
 - President
 - Registrar
 - Publicity Officer
 - A.L.E.C/ATSC Convenor's Report
 - District Delegate's Report
 - Other Committee Reports
6. **Treasurers Report** and Financial Statement.
7. **Election of:-** Patrons; Officers; Auditors; Delegate to Swimming NSW; ALEC/ATSC Convenor/Coordinator and Committee; Panel of Selectors; Jury of Appeal.

8 Notice of Motions.

Motions (1 to 11) moved by the Executive

1. that C DEFINITIONS AND INTERPRETATIONS (i) "ALEC-means Area Association Appointments, Lecture and Examination Committee" be deleted and replaced by ATSC- means Area Technical Swimming Committee.
2. that C13 (a) 8." Convenor – ALEC", be deleted and replaced by Coordinator –ATSC
3. that C13 (b) 2. "ALEC Committee" be deleted and replaced by Area Technical Swimming Committee"
4. that C18 DELEGATION BY THE ASSOCIATION TO COMMITTEES "AREA APPOINTMENTS, LECTURE AND EXAMINATION COMMITTEE (a) The ALEC shall comprise all NSWSA Inc Panel Referees, together with any other ALEC nominated Panel Officials" be deleted and replaced by The ATSC shall comprise all SNSW Panel Referees, together with any other ATSC nominated Panel Officials.
5. that C18 (i) "Convenor shall" be deleted and replaced by Coordinator shall
6. that C18 (i) 1. "Act as the ALEC Secretary" be deleted and replaced by Act as the ATSC Secretary
7. that C18 (i) 2. be deleted and replaced by Act as a Liason Officer between the ATSC, Swimming NSW Ltd and the Technical Swimming Committee in all matters concerned with the training and assessment of technical officials

and the nomination and/or appointment of Area Officials to the SwimmingNSW Ltd Meets.

8. that C19 12. be deleted and replaced by Election of ATSC Coordinator
9. that C19 13. be deleted and replaced by Election of the Area Technical Swimming Committee

Rationale 1-9 these changes up date the terminology that is now used. There is no change to the real intent, except where Lectures and Examination for technical officials have been replaced by training and assessment.

10. that in the event of the formation of a merged area by Swimming NSW covering the former area of Swimming Mid North Coast Inc. and Far North Coast Swimming Inc. and the setting up of a new Association to administer this area, Swimming Mid North Coast does not Amalgamate with Far North Coast Swimming Inc nor the new Association.

Rationale In the event of Amalgamation, the assets of the Association become the assets of the new body

11. that in the event of the formation of a merged area by Swimming NSW covering the former area of Swimming Mid North Coast Inc and Far North Coast Swimming Inc. and the setting up of a new Association to administer this area, the Executive of Swimming Mid North Coast Inc take action to apply for voluntary cancellation of the Incorporated body.

Rationale By applying for voluntary cancellation Swimming Mid North Coast Inc. can decide how the assets of the Association are dispersed.

Motions (12 to20) moved by the Competition Committee

12. that By Law 4.1 be deleted and replaced by “During each season the Championship events in accordance with the following schedules be conducted”
(attachment1)

Rationale Schedule 1 reflects the Swimming NSW Competition Strategy April 2010 and Beyond for Championship Meets. Schedule 2 reflects the need for opportunity to get Long Course qualifying times for NSW Country Championships and to include events that are traditional in SMNC

- 13.that By Law 5.2 be ammended to read that 2 one day block meets be held prior to the closing date for NSW State Age Championships, with a 10.00am start.

Rationale Blocks 1 & 2 reflect the SNSW competition Strategy

14. That By Law 5.4 be ammended to read that Block 3 Sprint Meet be held prior to the closing date for NSW Country Championships

Rationale see above for Motion 12

- 15.that By Law 5.3 be deleted and subsequent items be renumbered accordingly

- 16.that By Law 5.9 be ammended by deleting “for 400m, 800m, and 1500m F/S and 400m IM.”

Rationale as per SNSW Competition Strategy Guidelines, ALL Championship events must have qualifying times

17. that By Law 3.2 be ammended to read “That the Age Champion and Open Champion of each stroke and distance receive a medal.

The Open Champion of each stroke and distance to be the fastest time recorded

The Overall Champion will be determined on the Open Point Score basis with the first eight placings in each individual event receiving points as per table 5.20

Rationale need to delete series of events as each event is only held once. Medals rather than trophy for Open Champions to reflect less income from entries with each event only being swum once.

18. that the Block 1, 2 and 3 (sprint) Carnival programs and qualifying times be endorsed

(attachments 2, 3, 4)

19. that the two Long Course AA Area Qualifying Meets be endorsed (attachment 5 and 6)

Rationale included to allow members to get up to date qualifying times for championship meets.

20. that each of the two Long Course Area AA Qualifying meets be held prior to the closing dates for the Championship Meets

Motion Moved by Laurieton Swimming Club

21. that in recognition of over 30 years involvement, in a variety of capacities in the Mid North Coast District and Swimming Mid North Coast, Life Membership of Swimming Mid North Coast be awarded to Pam Guyer.

Motion Moved by Port Macquarie Swimming Club

22. that “combined” relay teams from members of more than one club, and “b team/s” from a single club be allowed to enter into relay events at District Carnivals. That both these “combined” and “b” teams only comprise swimmers who’s age is no more than 1 years age below the maximum allowed for those competing in that event.(1) That swimmers from a club who have entered an “a” team and are not a part of this team, are allowed to compete in either that club’s “b” team/s or a “combined” team. That these “combined” and “b” teams are not eligible

- To receive points for their club/s.
- To win medals or trophies.
- To be recognised for District records.

“Combined” and “b” teams shall not be charged the entry fee for the event.

(1) eg. In the case of the event being the 11years and under relay all swimmers who are competing in a “combined” or “b” team must be aged 10 or 11.

Rationale to allow the extra teams:

- To allow swimmers from all clubs that would not get the chance to swim in a relay event the chance to experience this.
- To increase the cross club interaction at District Carnivals.
- To facilitate relay participation of those clubs and their swimmers that would otherwise not have the opportunity to enter into relays.
- Encourage swimmers from all clubs to stay until the end of carnival when the relay events are usual held.

Rationale for these teams not to be charged for entry:

- Hassles of co-ordinating the payment of fees between clubs for the “combined” teams.
 - That these teams are ineligible to win points or trophies
 - .That the District would not be loosing any funds if the status quo stood.
- Rationale for limiting lower age of swimmers to 1 year below maximum:**
- To limit entries at a manageable number.
 - Ensures that “combined” and “b” teams are still competitive.
 - Still allows all swimmers the chance to compete throughout the season

9. General Business.

1. Setting of Area Championship dates and venues; Speedo Heats Venue and other Swimming Meets as requested by Area Clubs.

Note. Clubs are allowed **four** FINANCIAL MEMBERS to be **voting Delegates**. Visitors are most welcome.

SNACK BAR will be operating at the Golf Club. Lunch specials available. NO food is to be bought into the Club
--

**SWIMMING MID NORTH COAST INC
AREA CHAMPIONSHIPS BASED ON THE SNSW COMPETITION STRUCTURE 2010 AND
BEYOND
Schedule 1**

	17yrs/18yrs /over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	11yrs /under	10yrs /under
50m F/S	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
100m F/S	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
200m F/S	B/G	B/G	B/G	B/G	B/G	B/G		B/G	
400m F/S	B/G	B/G	B/G	B/G	B/G	12Yrs/u B/G			
800m F/S	G	G	G	G	B/G				
1500m F/S	B	B	B	B					
100m Backstroke	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
200m Backstroke	B/G	B/G	B/G	B/G	B/G	B/G		B/G	
100m Breaststroke	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
200m Breaststroke	B/G	B/G	B/G	B/G	B/G	B/G		B/G	
100m Butterfly	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
200m Butterfly	B/G	B/G	B/G	B/G	B/G	B/G		B/G	
200m Individual Medley	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
400m Individual Medley	B/G	B/G	B/G	B/G	B/G				
	Open	16yrs /under	14yrs/under	11/12yrs	12yrs /u	10yrs/u			
4X50m F/S Relay			B/G	B/G		B/G			
4X50m Medley Relay			B/G	B/G		B/G			
4X100m F/S Relay	B/G	B/G							
4X100m Medley Relay	B/G	B/G							
4X200m F/S Relay	B/G								

**Schedule 2
Based on need for qualifying times for NSW Country**

	17yrs/18yrs /over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	11yrs /under	10yrs /under
50m Backstroke	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
50m Breast Stroke	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
50m Butterfly	B/G	B/G	B/G	B/G	B/G	B/G	B/G		B/G
	Open	15yrs /under	13yrs/under	11yrs/under					9yrs/under
4X50m F/S Relay		B/G	B/G	B/G					B/G

Rex Clarke Memorial 4 x 50m Open Mixed Medley Relay

Attachment 2

SWIMMING MID NORTH COAST INC. CHAMPIONSHIPS
CHAMPIONSHIP MEET – BLOCK 1 –
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10AM. Warm up commences 9.00am

Boys	Qualifying Times	Girls	Qualifying Times	Age	Event
1	3.50.00	2	3.50.00	10 years and under	4x50m Medley Relay
3	3.35.00	4	3.35.00	11/12years	4x50m Medley Relay
5	19.40.00		N/A	14years and over Multi Age	1500m Freestyle
6	10.30.00		N/A	13 years	800m Freestyle
	N/A	7	5.50.00	Multi Age	400m Freestyle
8	17y/o 1.20.00, 15/16y 1.25.00, 14y 1.34.00, 13y 1.37.00, 12y 1.40.00, 11y 1.50.00, 10y/u 1.50.00	9	15y/o 1.35.00, 14y 1.40.00, 13y 1.45.00, 12y 1.50.00, 11y 1.50.50, 10y/u 1.50.00	Multi Age	100m Breaststroke
10	15y/o 2.50.00, 14y 2.55.00, 13y 2.55.00, 12y 3.00.00 11y/u 3.00.00	11	15y/o 3.00.00, 14y 3.05.00, 13y 3.05.00, 12y 3.15.00 11y/u 3.15.00	Multi Age	200m Backstroke
12	3.22.00	13	3.22.00	14 yrs and under	4x50m Medley Relay
14	13y/o 3.00.00, 12y 3.15.00, 11/u 3.20.00	15	13y/o 3.10.00, 12y 3.25.00, 11y/u 3.30.00	Multi Age	200m Butterfly
16	16y/o 1.08.00, 15y 1.10.00, 14y 1.15.00, 13y 1.22.00, 12y 1.30.00, 11y 1.35.00, 10y/u 1.36.00	17	16y/o 1.13.00, 15y 1.15.00, 14y 1.20.00, 13y 1.25.00, 12y 1.30.00, 11y 1.35.00, 10y/u 1.38.00	Multi Age	100m Freestyle
18	14y/o 3.00.00, 13y 3.15.00, 12y 3.20.00, 11y 3.30.00, 10y/u 4.00.00	19	15y/o 3.10.00, 14y 3.12.00, 13y 3.20.00, 12y 3.35.00, 11y 3.40.00, 10y/u 4.00.00	Multi Age	200m Individual Medley
20	5.23.00	21	5.50.00	16 years and under	4x100m Medley Relay
22	5.23.00	23	5.50.00	18years and under	4x100m Medley Relay
24	2.20.00	25	2.30.00	Open	4x50m Medley Relay

SWIMMING MID NORTH COAST INC. CHAMPIONSHIPS

**LONG COURSE CHAMPIONSHIP MEET – BLOCK 2 –
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10AM. Warm up commences 9.00am**

Boys	Qualifying Times	Girls	Qualifying Times	Age	Event
26	5.00.00	27	5.25.00	16Yrs and under	4x100m Freestyle Relay
28	5.00	29	5.25.00	18 years and under	4x100m Freestyle Relay
30	6.00.00	31	6.30.00	13 year and over Multi Age	400m Individual Medley
32	15y/o 30.00, 14y 31.00, 13y 36.00, 12y 37.00, 11y 41.00, 10y/u 45.00	33	15y/o 34.00, 14y 35.00, 13y 36.00, 12y 39.00, 11y 42.00, 10y/u 46.00	Multi Age	50m Freestyle
34	5.30.00		N/A	12 yrs/u and 13yrs/o Multi Age	400m Freestyle
	N/A	35	11.30.00	13 yrs and over Multi Age	800m Freestyle
36	16y/o 1.15.00, 15y 1.20.00, 14y 1.25.00, 13y 1.29.00, 12y 1.33.00, 11y 1.35.00, 10y/u 1.35.00	37	16y/o 1.20.00, 15y 1.25.00, 14y 1.30.00, 13y 1.35.00, 12y 1.38.00, 11y 1.40.00, 10y/u 1.40.00	Multi Age	100m Backstroke
38	15y/o 3.20.00, 14y 3.25.00, 13y 3.30.00, 12y 3.35.00, 11/u 3.55.00	39	14y/o 3.35.00, 13y 3.40.00, 12y 3.55.00, 11y/u 3.55.00	11yrs/u and 12yrs/o Multi Age	200m Breaststroke
40	3.30.00	41	3.30.00	10yrs and under	4x50m Freestyle Relay
42	3.15.00	43	3.15.00	11/12 years	4x50m Freestyle Relay
44	15y/o 1.15.00, 14y 1.20.00, 13y 1.28.00, 12y 1.30.00, 11y 1.35.00, 10y/u 1.40.00	45	15y/o 1.20.00, 14y 1.30.00, 13y 1.32.00, 12y 1.38.00, 11y/u 1.45.00	Multi Age	100m Butterfly
46	16y/o 2.20.00, 15y 2.23.00, 14y 2.38.00, 13y 2.50.00, 12y 3.00.00, 11y/u 3.05.00	47	13y/o 2.50.00, 12y 3.00.00, 11y/u 3.10.00	11years/u 12yrs/o Multi Age	200m Freestyle
48	3.00.00	49	3.00.00	14 yrs and under	4x 50m Freestyle Relay
50	10.00.00	51	10.30.00	Open	4x200m Freestyle relay
52	2.20.00	53	2.30.00	Open	4x 50m Freestyle Relay

Attachment 4

SWIMMING MID NORTH COAST INC. CHAMPIONSHIPS

LONG COURSE CHAMPIONSHIP SPRINT MEET Block 3

OPEN TO VISITING SWIMMERS. MEET COMMENCES 1.30PM. Warm up commences 12.45PM (approx)

Boys	Girls	Age	Event	Boys Qualifying Times	Girls Qualifying Times
55	54	9years and under	4 x 50m Freestyle Relay	4.00.00	4.00.00
57	56	Multi Age	50m Breaststroke	15y/o 45.00, 14y 48.00, 13y 50.00, 12y 1.00.00, 11y 1.00.00, 10y/u 1.15.00	15y/o 48.00, 14y 49.00, 13y 50.00, 12y 1.00.00, 11y 1.05.00, 10y/u 1.30.00
59	58	15years and under	4x 50m Freestyle Relay	3.00.00	3.10.00
61	60	Multi Age	50m Butterfly	15y/o 36.00, 14y 37.00, 13y 50.00, 12y 1.00.00, 11y 1.06.00, 10y/u 1.15.00	15y/o 45.00, 14y 50.00, 13y 55.00, 12y 1.00.00, 11y 1.08.00, 10y/u 1.18.00
63	62	13 years and under	4x 50m Freestyle Relay	3.15.00	3.20.00
65	64	Multi Age	50m Backstroke	15y/o 41.00, 14y 43.00, 13y 45.00, 12y 47.00, 11y 1.00.00, 10y/u 1.15.00	15y/o 45.00, 14y 46.00, 13y 50.00, 12y 55.00, 11y 1.00.00, 10y/u 1.15.00
67	66	11years and under	4 x50m Freestyle Relay	3.25.00	3.30.00
69	Rex Clarke Memorial 4 x 50m Open Mixed Medley Relay				

SWIMMING MID NORTH COAST INC.
LONG COURSE "AA" QUALIFYING MEET Day 1
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10AM. Warm up commences 9.00am

Boys	Girls	Age	Event	Boys Break Times	Girls Break Times
1	2	Multi Age	100m Freestyle	16y/o 49.00, 15y 51.00, 14y 53.00, 13y 55.00, 12y 56.00, 11y 5.00, 10y/u 1.03.00	14y/o 54.00, 13y 56.00, 12y 59.00, 11y 1.00.00, 10y/u 1.03.00
3	4	10 years and over Multi Age	200m Backstroke	16y/o 2.00.00, 15y 2.05.00, 14y 2.06.00, 13y 2.10.00, 12y 2.16.00, 11y 2.21.00, 10y 2.40.00	15y/o 2.10.00, 14y 2.15.00, 13y 2.16.00, 12y 2.21.00, 11y 2.29.00, 10y 2.42.00
5	6	Multi Age	100m Breaststroke	16y/o 1.02.00, 15y 1.04.00, 14y 1.05.00, 13y 1.09.00, 12y 1.12.00, 11y 1.14.00, 10y/u 1.22.00	15y/o 1.07.00, 14y 1.09.00, 13y 1.13.00, 12y 1.14.00, 11y 1.16.00, 10y/u 1.22.00
	7	13years and over Multi Age	400m Freestyle	N/A	15y/o 4. 08.00, 14y 4.12.00, 13y 4.20.00
8		13 years	800m Freestyle	8.45.00	N/A
9		14 years and over Multi Age	1500m Freestyle	16y/o 15.00.00, 15y 15.30.00, 14y 16.00.00	N/A
10	11	Multi Age	50m Backstroke	16y/o 24.00, 15y 26.00, 14y 27.00, 13y 28.00, 12y 29.00, 11y 31.00, 10y/u 31.00	15y/o 27.00, 14y 28.00, 13y 29.00, 12y 31.00, 11y 32.00,10y/u 34.00
12	13	10 years and over Multi Age	200m Butterfly	16y/o 1.57.00, 15y 1.58.00, 14y 2.03.00, 13y 2.10.00, 12y 2.13.00, 11y 2.28.00, 10y 2.40.00	15y/o 2.08.00, 14y 2.12.00, 13y 2.14.00, 12y 2.25.00, 11y 2.25.00, 10y 2.45.00
14	15	Multi Age	50m Breaststroke	16y/o 28.00, 15y 29.00, 14y 30.00, 13y 31.00, 12y 33.00, 11y 35.00, 10y/u 37.00	15y/o 30.00, 14y 32.00, 13y 32.50, 12y 33.00, 11y 35.00, 10y/u 38.00
16	17	Multi Age	200. Individual Medley	16y/o 2.03.00, 15y 2.04.00, 14y 2.05.00, 13y 2.09.00, 12y 2.14.00, 11y 2.21.00, 10y/u 2.30.00	15y/o 2.15.00, 14y 2.17.00, 13y 2.19.00, 12y 2.20.00, 11y 2.27.00, 10y/u 2.30.00

Attachment 6

SWIMMING MID NORTH COAST INC.
LONG COURSE "AA" QUALIFYING MEET 2
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10AM. Warm up commences 9.00am

Boys	Girls	Age	Event	Boys Break Times	Girls Break Times
1		12yrs/u and 13yrs/o Multi Age	400m Freestyle	16y/o 3.42.00, 15y 3.46.00, 14y 3.51.00, 13y 4.10.00, 12y/u 4.30.00	N/A
	2	13yrs and over Multi Age	800m Freestyle	N/A	15y/o 8.26.00, 14y 8.34.00, 13y 8.45.00
3	4	10 years and over Multi Age	200m Breaststroke	16y/o 2.02.00, 15y 2.04.00, 14y 2.06.00, 13y 2.10.00, 12y 2.15.00, 11y 2.21.00, 10y/u 2.38.00	15y/o 2.10.00, 14y 2.15.00, 13y 2.16.00, 12y 2.21.00, 11y 2.29.00, 10y/u 2.40.00
5	6	Multi Age	50m Butterfly	16y/o 23.00, 15y 24.00, 14y 25.00, 13y 27.00, 12y 28.00, 11y 29.00, 10y/u 30.00	15y/o 26.00, 14y 27.00, 13y 28.00, 12y 29.00, 11y 29.50, 10y/u 30.00
7	8	13yrs and over Multi Age	400m Individual Medley	16y/o 4.25.00, 15y 4.26.00, 14y 4.28.00, 13y 4.45.00	15y/o 4.40.00, 14y 4.44.00, 13y 4.54.00
9	10	10 years and over Multi Age	200m Freestyle	16y/o 1.47.00, 15y 1.48.00, 14y 1.49.00, 13y 1.56.00, 12y 2.00.00, 11y 2.08.00, 10y 2.30.00	15y/o 1.59.00, 14y 2.00.00, 13y 2.01.00, 12y 2.06.00, 11y 2.10.00, 10y 2.28.00
11	12	Multi Age	100m Butterfly	16y/o 52.00, 15y 53.00, 14y 55.00, 13y 57.00, 12y 1.00.00, 11y 1.06.00, 10y/u 1.10.00	15y/o 59.00, 14y 59.50, 13y 1.00.00, 12y 1.01.00, 11y 1.04.00, 10y/u 1.10.00
13	14	Multi Age	100m Backstroke	16y/o 55.00, 15y 56.00, 14y 59.00, 13y 1.00.00, 12y 1.01.00, 11y 1.04.00, 10y/u 1.10.00	15y/o 59.50, 14y 1.01.00, 13y 1.04.00, 12y 1.06.00, 11y 1.09.00, 10y/u 1.11.00.
15	16	Multi Age	50m Freestyle	16y/o 23.00, 15y 23.20, 14y 24.00, 13y 24.50, 12y 11y 29.00, 10y/u 30.00	15y/o 26.00, 14y 25.00, 13y 25.20, 12y 26.00, 11y 27.00, 10y/u 29.00