

**COFFS HARBOUR SWIMMING CLUB INC.  
SWIMMING MID NORTH COAST INC. CHAMPIONSHIPS  
CHAMPIONSHIP MEET – BLOCK 2 – 21st. NOVEMBER 2009  
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10 AM.**

BOYS	GIRLS	EVENT		
25.	26.	Open	1500m.	Freestyle Q/T <b>M19-40.00 W21-00.00</b>
27.	28.	Open Multi Age	100m.	Butterfly
29.	30.	Open Multi Age	50m.	Breaststroke
31.	32.	10yrs & over Multi Age	200m.	Backstroke
33.	34.	Open Multi Age	50m.	Freestyle
35.	36.	10yrs & over Multi Age	200m.	Breaststroke
37.	38.	Open Multi Age	50m.	Butterfly
39.	40.	Open Multi Age	100m.	Backstroke
41.	42.	Open Multi Age	100m.	Freestyle
43.	44.	Open Multi Age	200m.	Ind. Medley Q/T <b>M4-15.00 W4-15.00</b>
45.	46.	9yrs. & under	4x50m.	Freestyle Relay
47.	48.	11yrs. & under	4x50m.	Freestyle Relay
49.	50.	16yrs. & under	4x50m.	Freestyle Relay

**CONDITIONS OF ENTRY**

1. Swimming NSW. rules apply.
2. Championship events are timed finals.
3. Individual events to be run as multi- age events, with the placegetters in each age group being determined at the end of the event.
4. In MULTI AGE EVENTS, including relays, Club points will be awarded for the eighth fastest times, in age groups only. In OPEN EVENTS, Club points will be awarded for the eighth fastest times only.
5. The Andrew Stoner MP. Trophy winners for Men and Women will be determined on an open point score only over all individual events.
6. Entry fee of **\$2.50** per swimmer per event. Relays \$4 per team per event..
7. Where ELECTRONIC TIMING is used, Entries are to be submitted on SNSW multiple entry cards. In all other cases, entries are to be made on SMNC single entry cards. A summary of cards must be made- please send original with cards and retain duplicate for checking purposes.
8. Entry fees must accompany entry cards. CHEQUES made payable to **SWIMMING MID NORTH COAST INCORPORATED.**
9. Relays. Names and times must be submitted to allow for seeding. These may be submitted on the day of the meet, HOWEVER it has been requested that they be submitted with other entries.
10. Swimmer's age shall be as at the date of the meet.
11. Qualifying times apply to 400m. 800m. and 1500m.F/S events and 200m and 400m. Individual Medley events only.
12. All competitors will be required to pay pool entry charges..
13. Ribbons will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. placegetters in each Age group
14. Visitors Ribbons to be presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. visiting placegetters.
15. Visitors refer to NSW Registered swimmers who are members of Club's outside the District Boundaries.
16. The names of FOUR OFFICIALS from each club entering must accompany the entry cards
17. Results sent to Swimming NSW and may be used for qualifying times.
18. The organising Committee reserves the right to vary the program as required.
19. Entries close **FRIDAY 6<sup>TH</sup>. NOVEMBER** with the COMPETITION SECRETARY  
Linda Dewbery P.O. Box 2744 PORT MACQUARIE 2444

Please Allow for postal delays as LATE ENTRIES or phone entries will **NOT** be accepted.

**BAR-B-CUE OPERATING.**