

KEMPSEY SWIMMING CLUB Inc.
SWIMMING MID NORTH COAST INC. CHAMPIONSHIPS
CHAMPIONSHIP MEET – BLOCK 4- 30th.JANUARY 2010.
OPEN TO VISITING SWIMMERS. MEET COMMENCES 10AM.

BOYS	GIRLS	EVENT		
77	78	Open	400m.	Freestyle Q/T M5-47.37 W6-08.42
79	80	Open Multi Age	50m.	Freestyle
81	82	Open Multi Age	100m.	Breaststroke
83	84	Open Multi Age	50m.	Backstroke
85	86	Open Multi Age	100m.	Butterfly
87	88	10yrs/over Multi Age	200m.	Backstroke
89	90	Open Multi Age	50m.	Butterfly
91	92	Open Multi Age	100m	Freestyle Tim Mullens Memorial
93	94	10yrs/over Multi Age	200m.	Breaststroke
95	96	Open Multi Age	200m.	Ind.Medley Q/T M4-15.00 W4-15.00
97	98	13yrs. & under	4x50m.	Freestyle Relay
99		Open 2 boys - 2 girls.	4x50m.	Rex Clarke Medley Relay mixed

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 1st, 2nd, and 3rd. placegetters in each Age group
14. Visitors Ribbons to be presented to 1st, 2nd, and 3rd. 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 15TH. JANUARY 2010** 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.