

# ROCKY CITY WINTER SHORT COURSE MEET

Glenmore State High School Pool - Farm St North Rockhampton

**Saturday & Sunday; 15<sup>th</sup> & 16<sup>th</sup> August 2009**

Saturday Gates open: 1:00PM - First Event 2:30PM

Sunday Gates open: 7:30Am - First Event 9:00AM

AMENDED

Event Number		Age	Distance	Stroke
Men	Women			
<b>SATURDAY PROGRAM BEGINS 2:30PM</b>				
1	2	OPEN	200m	Breast
3		OPEN	1500m	Free
	4	OPEN	800m	Free
5	6	8 - 12 yrs	400m	Free
7	8	OPEN	400m	IM

AMENDED

Event Number		Age	Distance	Stroke
Men	Women			
<b>SUNDAY PROGRAM BEGINS 9AM</b>				
9	10	OPEN	100m	IM
11	12	8 yrs	50m	Free
13	14	7 & Under	25m	Free
15	16	8 - 12 yrs	200m	Free
17	18	OPEN	400m	Free
19	20	9 yrs	50m	Free
21	22	10 yrs	50m	Free
23	24	11 & 12 yrs	100m	Free
25	26	15 & Over	100m	Fly
27	28	13 & 14 Yrs	100m	Fly
<b>20minute SWIM DOWN</b>				
29	30	11 & Over	50m	Free
31	32	10 yrs	50m	Breast
33	34	7 & Under	25m	Breast
35	36	OPEN	200m	Fly
37	38	11 & 12 yrs	100m	Back
39	40	13 & 14 yrs	100m	Back
41	42	15 & Over	100m	Back
43	44	8 yrs	50m	Fly
45	46	9 yrs	50m	Fly
47	48	10 yrs	50m	Fly
49	50	11 & 12 yrs	100m	Breast
51	52	13 & 14 yrs	200m	IM
53	54	11 & Over	50m	Back

Event Number		Age	Distance	Stroke
Men	Women			
<b>20minute SWIM DOWN</b>				
55	56	OPEN	200m	Back
57	58	7 & Under	25m	Back
59	60	11 & Over	50m	Breast
61	62	8 - 10 yrs	100m	IM
63	64	15 & Over	200m	IM
65	66	13 & 14 yrs	100m	Breast
67	68	11 & 12yrs	200m	IM
69	70	9 yrs	50m	Breast
71	72	8 yrs	50m	Breast
73	74	15 & Over	100m	Free
75	76	13 & 14 yrs	200m	Free
<b>20minute SWIM DOWN</b>				
77	78	11 & Over	50m	Fly
79	80	7 & Under	25m	Fly
81	82	8 yrs	50m	Back
83	84	9 yrs	50m	Back
85	86	15 & Over	200m	Free
87	88	13 & 14 Yrs	100m	Free
89	90	11 & 12 yrs	100m	Fly
91	92	10 yrs	50m	Back
93	94	15 & Over	100m	Breast

- ◆ **Nominations \$4.00 per Event**
- ◆ **Entries Close Sunday 9th August 2009**
- ◆ **Programs \$3.00 & Gate Entry \$3.00**

- ◆ Competition will be conducted under the General Rules and By-Laws of Swimming Qld and is open to swimmers who hold a current Swimming Qld registration.
- ◆ All events will be swum as Times Only Events
- ◆ The 11 & 12 years and 13 & 14 years 100m events will be swum as combined events however points and places will be awarded in each age group.
- ◆ Points will be awarded for the following events & age groups: 4 x 50m events in the 8, 9yrs & 10yrs and for the 4 x 100m events in the 11yrs, 12yrs, 13yrs, 14yrs & 15 & ov.
- ◆ Prize money will be presented to the first 3 point scorers in each of the events, except for the 7 & under age group.
- ◆ Swimmers in 7 & under events will be awarded participation Certificates & will not score points. A junior rule tolerance will be applied to swimmers in the 8 yrs & 9yrs age groups. SQ ribbons will be awarded to 9yrs & under non-medal winners.

- |   |
|---|
| <ul style="list-style-type: none"> <li>◆ <b>Qualifying Meet for 2009 HERITAGE QLD SHORT COURSE CHAMPIONSHIPS</b></li> <li>◆ <b>Deck entries will be accepted prior to the commencement of the first event on Sunday at the cost of \$8.00 per event</b></li> <li>◆ <b>Email: <a href="mailto:rose.haven@westnet.com.au">rose.haven@westnet.com.au</a> or to The Secretary, Box 5113, CQMC 4702</b></li> <li>◆ <b>Any enquires please phone Karen Blackwood: 0428 761 789</b></li> </ul> |
|---|