



# Canberra Amateur Swimming Club Pentathlon

## Sunday 5 September 2010 AIS Pool Hall, ACT

### Long Course Development Meet with Electronic Timing

Warm-up 11.00 am Start 12.00 midday

M	W	Event
1	2	8 & U 50m Freestyle
3	4	9-10yrs 50m Freestyle
5	6	11-12 yrs 50m Freestyle
7	8	13-14 yrs 50m Freestyle
9	10	15 & O 50m Freestyle
11	12	8 & U 50m Breaststroke
13	14	9-10 yrs 50m Breaststroke
15	16	11-12 yrs 50m Breaststroke
17	18	13-14 yrs 50m Breaststroke
19	20	15 & O 50m Breaststroke
21	22	8 & U 50m Butterfly
23	24	9-10 yrs 50m Butterfly
25	26	11-12yrs 50m Butterfly
27	28	13-14 yrs 50m Butterfly
29	30	15 & O 50m Butterfly
31	32	8 & U 50m Backstroke
33	34	9-10 yrs 50m Backstroke
35	36	11-12 yrs 50m Backstroke
37	38	13-14 yrs 50m Backstroke
39	40	15 & O 50m Backstroke
41	42	9-10 yrs 200m IM
43	44	11-12 yrs 200m IM
45	46	13-14 yrs 200m IM
47	48	15 & O 200m IM

This meet is a Pentathlon. Awards will not be given for individual events but for the swimmers who perform the best over the five races of the meet (4 races for 8 years and under). The times for all of the races for each swimmer will be added together. The swimmers with the lowest aggregate times will be the winners.

#### Break Time

You may only enter this meet if your time for the **200m IM is greater than:**

- Men: 2:14.00
- Women: 2:27.00

Swimmers aged 9 and over are to enter **all 5 events:** 50m freestyle, breaststroke, butterfly and backstroke and 200m IM.

No restrictions are placed on swimmers aged 8 and under.

#### Awards

Medals will be awarded to the 1st, 2nd and 3rd male and female placegetters (based on their aggregate time) in each of the following age groups: 8 and under, 9, 10, 11, 12, 13, 14, 15 and over.

#### Entry Conditions

- Age as at 5 September 2010.
- Entry fee: \$20 for 8 and under and \$25.00 for 9 and over. This fee covers all individual races.
- Cheques made out to TVSC.
- **TVSC Closing date for entries is Friday 13 August 2010.**
- Meet approved by Swimming ACT and will be conducted under the rules of SNSW.
- The Meet Director reserves the right to alter the program as necessary.
- AIS entry fees apply to swimmers & spectators.
- Caps must be worn at all times in the pools.
- Any enquiries to: Jeremy Moore on **0401 349 995** or **jjrmoore@yahoo.com.au**