



2010 CANBERRA LABOR CLUB ACT CHAMPIONSHIPS

Friday 5, Saturday 6 and Sunday 7

March 2010

AIS Swimming Complex
Leverrier Crescent, Bruce ACT

ENTRY AND MEET RULES

Entries: \$4.50 per event

TVSC ENTRIES CLOSE 19 FEB 2010



Age as at 5 March 2010.

Cheques payable to Swimming ACT

Entry times (with details of date achieved and venue) must be equal to or faster than the Qualifying Time and best time swum since 16 March 2009.

Refer to ACT Championships Qualifying Time Schedules for 2010 for relevant qualifying times (Boys & Girls).

No Late Entries. No Time Trials (Except events 71 & 72 which are time trial events - see next page for details).

Swimming NSW Rules apply.

Normal pool entry fees apply.

Medals will be presented to the 1st, 2nd, 3rd placegetters, and to the 1st, 2nd, 3rd finishing Swimming ACT registered competitors in each event (except events 21,22,44,45,63, 64,77,78,91,92,113 & 114, where separate 9 years & 10 years medals will be awarded; events 27 & 50, where separate Mens & Womens medals will be awarded), provided the qualifying time is achieved.

Note: No awards for time trial events 71 & 72.

THE MEET DIRECTOR RESERVES THE RIGHT TO AMEND PROGRAM IF NECESSARY.

Enquiries to Lorraine Wuth: Phone (02) 62310017



The ACT Government assists
Swimming ACT through Sport and
Recreation Services



**THE ACT CHAMPIONSHIPS ARE OPEN TO
ALL REGISTERED SWIMMERS WHO MEET
THE APPLICABLE QUALIFYING TIMES**

Friday 5 March 2010		Start 6:45 pm		
Warm Up 6:00 pm				
M	W	Event		Age
1	2	200m	Individual Medley	13
3	4	200m	Individual Medley	14
5	6	200m	Individual Medley	15
7	8	200m	Individual Medley	16/O
9	10	400m	Freestyle	9-12
11	12	400m	Freestyle	13-14
13	14	400m	Freestyle	15/O

Saturday 6 March 2010		Start 10:00 am		
Warm Up 9:00 am				
M	W	Event		Age
15	16	200m	Freestyle	9-12
17	18	200m	Breaststroke	13-14
19	20	200m	Backstroke	15/O
21	22	100m	Butterfly	9/10
23	24	100m	Breaststroke	11
25	26	100m	Breaststroke	12
	27	800m	Freestyle	12/O
28	29	50m	Breaststroke	Open
30	31	100m	Butterfly	13
32	33	100m	Freestyle	14
34	35	100m	Breaststroke	15
36	37	100m	Freestyle	16/O
38	39	200m	Butterfly	9-12
40	41	200m	Backstroke	13-14
42	43	200m	Butterfly	15/O
44	45	100m	Backstroke	9/10
46	47	100m	Freestyle	11
48	49	100m	Freestyle	12
	50	1500m	Freestyle	12/O
51	52	50m	Backstroke	Open
53	54	100m	Backstroke	13
55	56	100m	Breaststroke	14
57	58	100m	Freestyle	15
59	60	200m	Individual Medley	12
61	62	100m	Butterfly	16/O
63	64	200m	Individual Medley	9/10
65	66	200m	Individual Medley	11
67	68	400m	Individual Medley	12-14
69	70	400m	Individual Medley	15/O
	71	4x100m	Freestyle Relay	

Sunday 7 March 2010		Start 9:00 am		
Warm up 8:00 am				
M	W	Event		Age
	72	4x100m	Medley Relay	
73	74	200m	Freestyle	13-14
75	76	200m	Breaststroke	15/O
77	78	50m	Freestyle	9/10
79	80	50m	Freestyle	11
81	82	50m	Freestyle	12
83	84	50m	Freestyle	13
85	86	50m	Freestyle	14
87	88	50m	Freestyle	15
89	90	50m	Freestyle	16/O
91	92	100m	Breaststroke	9/10
93	94	100m	Butterfly	11
95	96	100m	Backstroke	12
97	98	50m	Butterfly	Open
99	100	100m	Breaststroke	13
101	102	100m	Backstroke	14
103	104	100m	Butterfly	15
105	106	100m	Backstroke	16/O
107	108	200m	Backstroke	9-12
109	110	200m	Butterfly	13-14
111	112	200m	Freestyle	15/O
113	114	100m	Freestyle	9/10
115	116	100m	Backstroke	11
117	118	100m	Butterfly	12
119	120	100m	Freestyle	13
121	122	100m	Butterfly	14
123	124	100m	Backstroke	15
125	126	100m	Breaststroke	16/O
127	128	200m	Breaststroke	9-12

2010 ACT CHAMPIONSHIPS QUALIFYING TIMES

Boys

		17 and over	16 years	15 years	14 years	13 years	12 years	11 years	10 years	9 years
Freestyle	50m	28.82	29.70	30.03	30.58	32.12	35.20	36.85	39.05	45.00
	100m	1:03.14	1:03.80	1:04.90	1:06.33	1:09.30	1:14.25	1:18.65	1:23.49	1:41.00
	200m	2:19.70	2:21.68	2:23.88	2:27.40	2:32.90	2:41.70	2:53.03	3:03.68	3:40.00
	400m	4:54.80	5:01.62	5:04.70	5:08.00	5:21.20	5:37.70	6:20.67	6:44.09	6:44.09
	800m					11:11.00	11:11.00			
	1500m	19:04.00	19:26.00	20:04.50	20:21.00					
Backstroke	50m	33.66	33.91	34.16	34.70	36.38	39.10	41.78	43.16	43.16
	100m	1:14.80	1:15.35	1:15.90	1:17.11	1:20.85	1:26.90	1:31.74	1:35.92	1:45.00
	200m	2:44.23	2:46.10	2:48.30	2:49.40	2:58.20	3:05.90	3:14.70	3:31.02	3:50.00
Breaststroke	50m	38.86	38.86	39.25	39.60	41.83	44.55	47.77	49.80	49.80
	100m	1:26.35	1:26.35	1:27.23	1:28.00	1:32.95	1:39.00	1:46.15	1:50.66	2:05.75
	200m	3:04.25	3:08.65	3:09.75	3:14.70	3:19.65	3:31.20	3:44.95	4:03.45	4:36.65
Butterfly	50m	31.58	32.18	32.57	33.31	35.39	38.61	40.59	45.05	45.05
	100m	1:10.18	1:11.50	1:12.38	1:14.03	1:18.65	1:25.80	1:30.20	1:40.10	1:53.25
	200m	2:38.40	2:42.80	2:46.10	2:52.15	2:59.85	3:13.60	3:23.50	3:40.22	4:09.15
IM	200m	2:39.50	2:41.48	2:42.91	2:46.10	2:53.80	3:05.35	3:14.15	3:24.60	3:50.00
	400m	5:33.30	5:35.50	5:46.50	5:57.50	5:57.50	5:27.50			

Girls

		17 and over	16 years	15 years	14 years	13 years	12 years	11 years	10 years	9 years
Freestyle	50m	33.11	33.11	33.11	33.33	33.99	36.30	37.40	39.05	45.00
	100m	1:10.95	1:11.06	1:11.06	1:11.06	1:12.60	1:15.35	1:18.65	1:24.15	1:41.00
	200m	2:32.90	2:34.55	2:34.66	2:34.66	2:37.30	2:44.34	2:51.60	3:05.13	3:40.00
	400m	5:17.90	5:21.20	5:24.50	5:26.70	5:33.30	5:43.20	6:17.52	6:47.29	6:47.29
	800m	10:55.60	10:57.80	10:57.80	11:06.60	11:11.00	11:11.00			
	Backstroke	50m	36.88	37.13	37.13	37.27	37.87	39.60	41.38	43.81
100m		1:21.95	1:22.50	1:22.50	1:22.83	1:24.15	1:28.00	1:31.96	1:37.35	1:45.00
200m		2:57.10	2:58.20	2:58.20	2:59.30	3:01.28	3:07.00	3:16.68	3:34.17	3:50.00
Breaststroke	50m	42.08	42.47	42.57	42.57	43.07	44.80	47.82	49.90	49.90
	100m	1:33.50	1:34.38	1:34.60	1:34.60	1:35.70	1:39.55	1:46.26	1:50.88	2:05.75
	200m	3:22.73	3:24.60	3:25.15	3:26.80	3:29.00	3:34.17	3:45.50	4:03.94	4:36.65
Butterfly	50m	35.34	35.64	35.64	35.64	37.13	39.20	41.09	45.05	45.05
	100m	1:18.54	1:19.20	1:19.20	1:19.20	1:22.50	1:27.12	1:31.30	1:40.10	1:53.25
	200m	2:57.10	3:00.95	3:01.50	3:04.25	3:08.10	3:18.00	3:24.71	3:40.22	4:09.15
IM	200m	2:54.35	2:56.00	2:56.33	2:56.33	2:59.85	3:07.55	3:15.03	3:25.70	3:50.00
	400m	6:03.55	6:04.10	6:06.30	6:14.00	6:14.00	6:14.00			

Events 71 and 72 (Relays)

These events are time trial events. No points or medals will be awarded for these events.

Entries will be accepted from teams where the combined individual times of the four swimmers is within 4 seconds of the National Age qualifying time for the event.

Entry fee: \$10 per team which will be refunded for any team that newly qualifies for National Age.