



Spring Long Course Meet

(Proposed Qualifying Meet)

Saturday 10th October 2015

Indoor Pool: Opens 7:30am Competition Begins 8:30am

Venue: MSAC, 375 Albert Road, Albert Park, 3206

Morning Session - Warm Up 7:30am		Begins 8:30am		
MALE	FEMALE	AGE	STROKE	DISTANCE
1	2	13 & Under	Free	200m
3	4	11 & Under	Fly	100m
5	6	12 Years	Fly	100m
7	8	13 years	Fly	100m
9	10	11 & Under	Back	100m
11	12	12 Years	Back	100m
13	14	13 years	Back	100m
15	16	11 & Under	Free	100m
17	18	12 years	Free	100m
19	20	13 years	Free	100m
21	22	13 & Under	IM	200m
23	24	11 & Under	Breast	100m
25	26	12 years	Breast	100m
27	28	13 years	Breast	100m
29	30	11 & Under	Free	50m
31	32	12 Years	Free	50m
33	34	13 Years	Free	50m
35	36	OPEN	Free	400m
Afternoon Session – Warm Up And Session Times Will Be Advertised On Our Website In The Week Prior To The Meet				
37	38	OPEN	IM	400m
39	40	SWD	Fly	100m
41	42	14 & 15 Years	Fly	100m
43	44	16 & Over	Fly	100m
45	46	OPEN	Breast	200m
47	48	SWD	Back	100m
49	50	14 & 15 years	Back	100m
51	52	16 & Over	Back	100m
53	54	OPEN	Free	200m
55	56	SWD	Breast	100m
57	58	OPEN	Fly	200m
59	60	OPEN	IM	200m
63	64	14 & 15 Years	Breast	100m
61	62	OPEN	Free	50m
65	66	16 & Over	Breast	100m
67	68	OPEN	Back	200m
69	70	SWD	Free	100m
71	72	14 & 15 years	Free	100m
73	74	16 & Over	Free	100m
	75	MIXED	Free	800m
	76	MIXED	Free	1500m

Conditions of Entry

- This swimming meet is open to **registered swimmers only**.
- Age as at the date of meet.
- **Preferred method of entry is online at www.waterlions.com.au or www.swimmingvictoria.org.au**
- Manual entries can be submitted on Swimming Victoria entry form or TM/MM file.
- Please refer to our website for TM/MM files. Forward TM/MM files and entry forms to sprint@waterlions.com.au.
- Cost for each event \$11.00 per event (includes \$1 SV approved meet levy).
- Cheque, money order, EFT or credit card payments are accepted for TM/MM and manual entries. Cheques/money orders made payable to Waterlions Swimming Club. For EFT payments, please refer to our website www.waterlions.com.au under contacts for bank details and **reference with swimmers name and date of meet**. Copy of receipt to be forwarded with entry. Credit card payments incur a 2% surcharge.
- Hard copy entries post to:
 - The Competition Secretary
 - Waterlions Swimming Club
 - PO Box 469, Patterson Lakes, Vic, 3197
- NO refunds will be given.
- CLOSING DATE: Monday 5th October 2015 at 8pm.
- Online program, athlete roster and approximate timeline will be available during the week leading up to the meet. Please refer to our website at www.waterlions.com.au. Programs will be available on our website from Friday before the meet after 4pm. A limited amount of programs will be available at the door for \$5.00.
- Pool entry: FREE TO ALL.
- **All events will be swum as time trials and medals will be presented to the first 3 placings in each event for 13 and unders only.**
- The meet will be conducted under the rules of Swimming Victoria Inc & SAL.
- This meet will be conducted under the **'one start'** rule.
- The club reserves the right to cancel, combine or alter events. The club also reserves the right to change the starting/finishing time of the meet. Please refer to our website for any changes.

All enquiries to sprint@waterlions.com.au or Waterlions Swimming Club Race Secretary Mobile: 0415 539 228.