

Australian Institute of Sport,
Leverrier Crescent, Bruce ACT.

Saturday 1 August Warm up: 8:30am Start: 9:30 am		
B	G	Event
1	2	Open 400m Freestyle 5:00.00(M) 5:10.00(W)
3	4	10 & U yrs 200m Ind. Medley
5	6	11/12 yrs 200m Ind. Medley
7	8	13/14 yrs 200m Ind. Medley
9	10	15 & O 200m Ind. Medley
11	12	12 yrs 100m Freestyle
13	14	13 yrs 100m Freestyle
15	16	14 yrs 100m Freestyle
17	18	15 yrs & O 100m Freestyle
19	20	10 & U 50m Freestyle
21	22	11 yrs 100m Butterfly
23	24	12 & U yrs 200m Backstroke
25	26	Open 50m Backstroke 37.00(M) 38.00(W)
27	28	13 yrs 100m Breaststroke
29	30	14 yrs 200m Freestyle
31	32	15 yrs & O 100m Butterfly
33	34	10 & U 100m Backstroke
35	36	11 yrs 50m Breaststroke
37	38	12 yrs 100m Breaststroke
39	40	13 yrs 200m Freestyle
41	42	14 yrs 100m Butterfly
43	44	15 yrs & O 200m Backstroke
45	46	10 & U yrs 100m Freestyle
47	48	11 yrs 50m Butterfly
49	50	12 yrs 50m Freestyle
51	52	13 yrs 200m Butterfly
53	54	Open 50m Butterfly 36.00(M) 36.50(W)
55	56	14 yrs 100m Backstroke
57	58	15 yrs & O 200m Breaststroke
59	60	10 & U 50m Backstroke
61	62	11 yrs 100m Breaststroke
63	64	12 & U 200m Butterfly
Sunday 2 August Warm up: 8:00am Start: 9:00am		
65	66	Open 100m IM QTs refer attached schedule
67	68	Open 50m Breaststroke 44.00 (M) 45.00(W)
69	70	10 & U 50m Butterfly
71	72	11 yrs 100m Freestyle
73	74	12 yrs 100m Backstroke
75	76	13 yrs 100m Backstroke
77	78	14 yrs 200m Breaststroke
79	80	15 yrs & O 200m Butterfly
81	82	10 & U 100m Breaststroke
83	84	11 yrs 50m Backstroke
85	86	13 yrs 200m Breaststroke
87	88	14 yrs 50m Freestyle
89	90	Open 400m Ind. Medley 5:41.00(M) 6:03.00 (W)
91	92	12 & U 200m Breaststroke
93	94	13 yrs 50m Freestyle
95	96	14 yrs 200m Butterfly
97	98	15 yrs & O 100m Backstroke
99	100	10 & U 100m Butterfly
101	102	11 yrs 50m Freestyle
103	104	12 yrs/Under 200m Freestyle
105	106	Open 50m Freestyle 28.93(M) 31.68(W)
107	108	13 yrs 100m Butterfly
109	110	14 yrs 200m Backstroke
111	112	15 yrs & O 100m Breaststroke
113	114	10 & U 50m Breaststroke
115	116	11 yrs 100m Backstroke
117	118	12 yrs 100m Butterfly
119	120	13 yrs 200m Backstroke
121	122	14 yrs 100m Breaststroke
123	124	15 yrs & O 200m Freestyle

**ACT WINTER CHAMPIONSHIPS
ARE OPEN TO VISITORS**

SWIMMERS OF THE MEET

\$100 to BEST MALE & FEMALE SWIMMER

Awarded for highest rated swim based on FINA points score method.

ENTRY CONDITIONS

- Age as at 1 August 2009.
- Entry fee is \$4.50 per event. Cheques payable to Swimming ACT.
- Entries either on multiple entry cards (summary sheets to be provided) or electronically to: registrar@swimmingact.com.au
- Entries not accepted unless your best time (long or short course) achieved on or since 1 April 2008 is written on your card or submitted with your electronic entry. You must include the date and venue.
- Qualifying Times apply – refer program of events, attached ACT Winter Championship 2009 QT schedule, or Swimming ACT website www.swimmingact.com.au

Note: QTs for Events 66 and 67 are Age QTs in attached QT schedule.

ENTRIES WHICH DO NOT MEET QUALIFYING TIMES WILL NOT BE ACCEPTED.

CLOSING DATE: THURSDAY 23 July 2009

Please provide contact phone number and email/postal address for results if required. Results will be posted on the Swimming ACT website

Entries to: The ACT Shortcourse Championships,
Swimming ACT,
Suite 12B, Sports House
Maitland St., HACKETT ACT 2602

Medals will be awarded to the 1st, 2nd and 3rd overall placegetters in each event and should be collected as soon as possible after results are announced as uncollected medals will not be posted out.

The Meet will be conducted under the rules of SAL and Swimming NSW. Swimming ACT approved.

All enquires to: Lorraine Wuth. Phone: 02 6231 0017

The Meet Director reserves the right to alter the program and conditions as necessary.

Nominate officials with your race entries for free admission. Clubs may be rostered to lanes for timekeeping.

Normal pool entry fees apply. Coaches—free admission
The AIS requires that caps are worn whilst in the water.

**A CHAMPIONSHIP TROPHY WILL BE
AWARDED TO THE FIRST PLACED ACT CLUB**



The ACT Government assists
Swimming ACT through Sport
and Recreation Services.



2009 ACT SHORTCOURSE CHAMPIONSHIPS QUALIFYING TIMES
QUALIFYING TIMES GIRLS

		Open	15&O	14	13	12	11	10	9/U
Freestyle	50m	31.68	31.68	31.79	32.45	33.33	34.54	36.96	39.50
	100m		1:09.30	1:09.30	1:10.40	1:13.15	1:6.78	1:21.40	1:27.00
	200m		2:30.15	2:30.15	2:31.80	2:37.30	2:48.92	2:59.08	3:05.00
	400m	5:10.00							
Backstroke	50m	38.00					40.70	43.34	46.00
	100m		1:19.20	1:19.20	1:20.19	1:23.38	1:28.22	1:34.05	1:38.00
	200m		2:49.95	2:51.05	2:52.59	2:59.85	(12/U)		
Breaststroke	50m	45.00					46.00	50.49	55.00
	100m		1:30.31	1:30.86	1:33.17	1:35.15	1:40.10	1:48.90	1:52.00
	200m		3:14.70	3:16.90	3:21.30	3:26.80	(12/U)		
Butterfly	50m	36.50					39.60	42.35	46.90
	100m		1:18.10	1:18.10	1:19.75	1:23.60	1:29.65	1:37.90	1:40.00
	200m		2:51.60	2:53.80	2:56.00	3:07.00	(12/U)		
IM	100m	(Event 66)	1:19.00	1:20.00	1:21.00	1:26.00	1:28.50	1:38.50	1:40.00
	200m		2:48.30	2:49.18	2:54.94	2:57.10	3:17.00	3:30.01	3:30.01
	400m	6:03.00							

QUALIFYING TIMES BOYS

		Open	15&O	14	13	12	11	10	9/U
Freestyle	50m	28.93	28.93	29.70	30.80	32.89	34.32	36.85	39.50
	100m		1:02.48	1:05.12	1:07.76	1:11.83	1:16.56	1:20.85	1:26.00
	200m		2:17.50	2:22.45	2:29.60	2:36.64	2:48.43	2:57.87	3:00.00
	400m	5:00.00							
Backstroke	50m	37.00					40.70	43.12	46.00
	100m		1:12.05	1:14.25	1:17.66	1:22.50	1:28.22	1:33.50	1:39.50
	200m		2:40.60	2:45.00	2:51.60	2:58.20	(12/U)		
Breaststroke	50m	44.00					46.64	50.38	53.50
	100m		1:23.60	1:25.58	1:29.65	1:35.15	1:42.08	1:48.90	1:55.00
	200m		3:04.80	3:10.30	3:12.50	3:15.80	(12/U)		
Butterfly	50m	36.00					39.60	42.35	46.50
	100m		1:10.40	1:12.60	1:17.33	1:22.72	1:29.10	1:36.25	1:45.00
	200m		2:41.70	2:50.50	2:54.90	3:02.60	(12/U)		
IM	100m	(Event 65)	1:14.00	1:18.00	1:20.00	1:23.50	1:27.00	1:32.50	1:40.00
	200m		2:34.00	2:38.95	2:46.10	2:55.45	3:17.00	3:28.79	3:28.79
	400m	5:41.00							