

**SWIMMING ACT 2009 KIPPAX WINTER
DEVELOPMENT SERIES — SHORT COURSE
TELOPEA SWIMMING CLUB**

HOST OF MEET 4

Sunday August 16th, 2009

AIS POOL, BRUCE, ACT

Indoor 25m Pool – Warmup –9.00am – Start 10.00am

Full Automatic Timing

ENTRIES

- **\$4.00** per event
- Age as at 16 August 2009.
- ==== **Entries must be submitted through your club** ====
- Please check your club entry cut off date

KIPPAX WINTER SERIES EVENTS

- Full rules are on the Swimming ACT web site: www.swimmingact.com.au.
- 200m events are restricted to swimmers aged 9 and over
- Swimmers may only enter events in which they have **NEVER** achieved the Break Time (BT) indicated in the program of events in a short course or long course swim (**except** for swimmers aged 14 years and over who may enter an event as an exhibition swimmer if they have **never** achieved the 2009 ACT Short Course Championships qualifying time for that event).
- You can enter a maximum of **5** events.
- For a break time of 30.00, your entry time must be 30.01 or more.
- Entry time must be the swimmer's best ever short course or long course time for that event.

25M EVENTS

- You can only enter a 25m event if you have not broken the break time for the event nor recorded a time for that stroke over a longer distance (Club night and school swims excepted).
- If you enter a 25m event, you cannot enter a longer distance event in that stroke at this meet.

200M EVENTS

- A swimmer may only enter a 200m event if they have achieved the 100m time for that stroke as follows:

Girls	13 & O	12	11	10	9
Freestyle	1:17.44	1:20.47	1:24.46	1:29.54	1:35.70
Backstroke	1:28.21	1:31.72	1:37.04	1:43.46	1:47.80
Breaststroke	1:42.49	1:44.67	1:50.11	1:59.79	2:03.20
Butterfly	1:27.72	1:31.96	1:38.62	1:47.69	1:50.00
IM	1:29.10	1:34.60	1:37.35	1:47.80	1:50.00
Boys	13 & O	12	11	10	9
Freestyle	1:14.54	1:19.01	1:24.22	1:28.94	1:34.60
Backstroke	1:25.43	1:30.75	1:37.04	1:42.85	1:49.45
Breaststroke	1:38.62	1:44.67	1:52.29	1:59.79	2:06.50
Butterfly	1:25.06	1:30.99	1:38.01	1:45.88	1:55.50
IM	1:28.00	1:31.85	1:35.70	1:41.75	1:50.00

AWARDS

Medals awarded for the 1st, 2nd and 3rd boy and girl in all events for 8 & under, 9, 10, 11, 12 and 13 & over for both Development and Intermediate divisions.

Swimming NSW rules apply. Swimming ACT approved.
All events will be timed finals.

Enquiries to Lorraine Wuth - (02) 6231 0017 or email lwuth@hups.net

ENTRIES- RACE SECRETARIES INFORMATION

- Cheques payable to Telopea Swimming Club Inc
- **Electronic entries** to lwuth@hups.net by
- **10 August 2009.**
- **Paper Entries** – Multi-entry cards preferred, to 25 Barritt St, Kambah ACT 2902 by **Monday 10 August 2009.**

PROGRAM OF EVENTS

EVENT				BREAK TIMES		
B	G			Age	Boys	Girls
1		200m	Freestyle	9 - 10	2:57.87	2:59.08
				11	2:48.43	2:48.92
				12	2:36.64	2:37.30
				13&O	2:29.60	2:31.80
2	4	25m	Breaststroke	9 & U	35.00	35.00
				10	50.38	50.49
3	6	50m	Breaststroke	11	46.64	46.20
				12	42.82	42.82
7	8	100m	Backstroke	13&O	40.34	41.93
				9 & U	1:39.50	1:40.00
				10	1:33.50	1:34.05
				11	1:28.22	1:28.22
9	10	200m	Ind. Medley	12	1:22.50	1:23.38
				13&O	1:17.66	1:20.19
				9 - 10	3:28.79	3:30.01
				11	3:17.00	3:17.00
12	13	50m	Freestyle	12	2:55.45	2:57.10
				13&O	2:46.10	2:50.94
				9 & U	25.00	25.00
				10	39.50	39.50
14	15	50m	Freestyle	10	36.85	36.96
				11	34.32	34.54
				12	32.89	33.33
				13&O	30.80	32.45
16	17	100m	Ind. Medley	9 & U	1:40.00	1:40.00
				10	1:32.50	1:38.00
				11	1:27.00	1:28.50
				12	1:23.50	1:26.00
18	200m	Backstroke		13&O	1:20.00	1:21.00
				9 - 12	2:58.20	2:59.85
				13&O	2:51.60	2:52.59
				9 & U	30.00	30.00
20	21	50m	Backstroke	9 & U	46.00	46.00
				10	43.12	43.34
				11	40.70	40.70
				12	37.13	37.52
22	23	50m	Backstroke	13&O	34.95	36.09
				9 & U	1:45.00	1:40.00
				10	1:36.25	1:37.90
				11	1:29.10	1:29.65
24	25	100m	Butterfly	12	1:22.72	1:23.60
				13&O	1:17.33	1:19.75
				9 - 12	3:15.80	3:26.80
				13&O	3:12.50	3:21.30
26	27	25m	Butterfly	9 & U	30.00	30.00
				9 & U	46.50	46.90
				10	42.35	42.35
				11	39.60	39.60
28	29	50m	Butterfly	12	37.22	37.62
				13&O	34.80	35.89
				9 & U	1:55.00	1:52.00
				10	1:48.90	1:48.90
30	31	100m	Breaststroke	11	1:42.08	1:40.10
				12	1:35.15	1:35.15
				13&O	1:29.65	1:33.17
				9 - 12	3:02.60	3:07.00
32	34	100m	Freestyle	13&O	2:54.90	2:56.00
				9 & U	1:26.00	1:27.00
				10	1:20.85	1:21.40
				11	1:16.56	1:16.78
33	34	100m	Freestyle	12	1:11.83	1:13.15
				13&O	1:07.76	1:10.40
				9 & U	1:26.00	1:27.00
				10	1:20.85	1:21.40