



2010 Summer Championships

Friday 19th March, 2010
 Friday 26th March, 2010
 Saturday 27th March, 2010

“CREATING MORE THAN A RIPPLE”
www.galstonswimclub.com.au

Entry is \$1 per race. Pool entry is separate.

CONDITIONS:

- The meet will be conducted under the rules of NSWSA INC.
- One start rule will apply
- All events are timed finals
- All entrants must be a current financial member of Galston Swim Club

ENTRIES:

- Age as at 19th March, 2010
- Entries on multi entry cards
- Entries close Friday, 12th March, 2010.

Points are allocated Male and Female separately in Age groups according to events (eg; 9/10 years together, 11/12 years together)

1 st	6 points	4 th	3 point
2 nd	5 points	5 th	2 point
3 rd	4 points	6 th	1 point

1st, 2nd and 3rd place Trophies will be awarded for point score winners in each combined age group eg; 9-10 for each sex. Session 1 and 2 points are combined - Session 3 (400m freestyle) is a separate point tally.

Session 1 - Friday 19th March, 2010
 Warm up: 6.30pm Start: 7.00pm

Event No.		Age	Distance	Stroke
Boys	Girls			
1	2	5-7 years*	25m	Backstroke
3	4	7-8 years	50m	Backstroke
5	6	9-10 years	50m	Backstroke
7	8	11-12 years	100m	Backstroke
9	10	13-14 years	100m	Backstroke
11	12	15 years & over	100m	Backstroke
13	14	5-7 years*	25m	Butterfly
15	16	7-8years	25m	Butterfly
17	18	9-10 years	50m	Butterfly
19	20	11-12 years	50m	Butterfly
21	22	13-14 years	100m	Butterfly
23	24	15 years & over	100m	Butterfly
25	26	7-8 years	100m	Freestyle
27	28	9-10 years	100m	Freestyle
29	30	11-12 years	200m	Freestyle
31	32	13-14 years	200m	Freestyle
33	34	15 years & over	200m	Freestyle

*Events 1, 2, 13 and 14 comprise the boys and girls 25m competition. 7 year olds who have not qualified to swim 50m are eligible to swim these 25m events. 7year olds who have qualified to swim 50m must swim 50m events



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Session 2 - Friday 26th March, 2010

Warm up: 6.30pm Start: 7.00pm

Event No.		Age	Distance	Stroke
Boys	Girls			
35	36	5-7 years*	25m	Freestyle
37	38	7-8 years	50m	Freestyle
39	40	9-10 years	50m	Freestyle
41	42	11-12 years	100m	Freestyle
43	44	13-14 years	100m	Freestyle
45	46	15 years & over	100m	Freestyle
47	48	5-7 years*	25m	Breaststroke
49	50	7-8 years	50m	Breaststroke
51	52	9-10 years	50m	Breaststroke
53	54	11-12 years	100m	Breaststroke
55	56	13-14 years	100m	Breaststroke
57	58	15 years & over	100m	Breaststroke
59	60	7-8 years	100m	Individual Medley
61	62	9-10 years	100m	Individual Medley
63	64	11-12 years	200m	Individual Medley
65	66	13-14 years	200m	Individual Medley
67	68	15 years & over	100m	Individual Medley

* Events 35, 36, 47 and 48 comprise the boys and girls 25m competition. 7 year olds who have not qualified to swim 50m are eligible to swim these 25m events. 7 year olds who have qualified to swim 50m must swim 50m events

400m Championships

Session 3 - Saturday 27th March, 2010

Warm up: 2.00pm Start: 2.30pm

Event No.		Age	Distance	Stroke
Boys	Girls			
69	70	8 years & under	400m	Freestyle
71	72	9-10 years	400m	Freestyle
73	74	11-12 years	400m	Freestyle
75	76	13-14 years	400m	Freestyle
77	78	15 years & over	400m	Freestyle

* 400m Freestyle has a time limit of 9 minutes for 8/under, 8 minutes for other age groups. Any swimmer who has not completed the event within the required time may be asked to stop swimming and vacate the pool.