

Far North Coast Summer Sprint

Saturday 6th March 2010

Ballina Memorial Pool

7 Lane Olympic Pool

Warm Up 9.00am Start 10.00am

| EVENT | GENDER | DISTANCE | STROKE |
|-------|--------|----------|-------------------------|
| 1 | Mixed | 100 | Freestyle Time Trial |
| 2 | Girls | 50 | Backstroke |
| 3 | Boys | 50 | Backstroke |
| 4 | Girls | 50 | Breaststroke |
| 5 | Boys | 50 | Breaststroke |
| 6 | Girls | 50 | Butterfly |
| 7 | Boys | 50 | Butterfly |
| 8 | Girls | 50 | Freestyle |
| 9 | Boys | 50 | Freestyle |
| 10A | Mixed | 100 | Backstroke Time Trial |
| 10B | Mixed | 100 | Breaststroke Time Trial |
| 10C | Mixed | 100 | Butterfly Time Trial |

1. The meet will be conducted under the rules of SNSWL. All events are timed finals.
2. All competitors must be registered members of SNSWL or SQLD.
3. Age is at 6th March 2010.
4. All results will be forwarded to SNSWL and will be available on the FNC web site.
5. **RACE ENTRIES** \$3.00 per race, FNC Summary Sheets acceptable MM/TM File Available
6. **PROGRAMS** available \$3.00
7. **AWARDS** Medals will be awarded to the first 3 placegetters in events 2 to 9 (50m) in the following age groups 8yrs/U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & 17yrs/0. Events 1 & 10 (100m) will be run as time trial events & no medals will be awarded, only one form stroke may be swam for event 10.
8. The meet director reserves the right to amend and vary the program on the day.
9. **CLOSING DATE** entries close **Monday 2nd March 2010**
10. If time permits the golden handbag and cardiac cup 50m Freestyle will be run for mature swimmers after event 9, please let the recording table know your intension to swim.
11. MM/TM File available to download from Far North Coast Swimming web site www.fncswim.org.au

BBQ & Drinks available

Please make cheques payable to 'Far North Coast Swimming Assoc' and forward all entries to;
The Race Secretary Enquires to Britt Charlton
Far North Coast Swimming (02) 6686 8299
Shop 48 Ballina Fair SC ballinaswimngym@bigpond.com
Ballina NSW 2478
