

BALLINA INDOOR SWIM TEAM

12yrs & Under AA Meet

Sunday 16th May 2010

Ballina Fair Swim N Gym 6 Lane heated Indoor 25m Pool

Warm Up 9.00am Start 10.00am

M	F	AGE	DIST	STROKE	BREAK	M	F	AGE	DIST	STROKE	BREAK
1	2	10-12	200	Ind.Med	2.25.00	27	28	5 & U	25	Kickboard	
3	4	12&U	100	Ind.Med	59.00	29	30	7 & U	25	Breast	
5	6	5 & U	25	Flipper's		31	32	12 &U	100	Breast	1.12.00
7	8	7 & U	25	Fly		33	34	7-8	50	Breast	42.00
9	10	12&U	100	Fly	1.02.00	35	36	9-10	50	Breast	38.00
11	12	7-8	50	Fly	35.00	37	38	11-12	50	Breast	34.00
13	14	9-10	50	Fly	32.00	39	40	7 & U	25	Free	
15	16	11-12	50	Fly	29.00	41	42	12 & U	100	Free	57.00
17	18	7 & U	25	Back		43	44	7-8	50	Free	33.00
19	20	12&U	100	Back	1.02.00	45	46	9-10	50	Free	30.00
21	22	7-8	50	Back	39.00	47	48	11-12	50	Free	27.00
23	24	9-10	50	Back	34.00						
25	26	11-12	50	Back	29.00						

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 16th May 2010.
 4. All results will be forwarded to SNSWL/SQLD and will be available on the FNC web site.
 5. **RACE ENTRIES** \$3.50 per event for MM or TM Files, \$4.00 per event for paper nominations.
 6. **ADMISSION** Spectators \$2.00, Swimmers FREE
 7. **PROGRAMS** available \$3.00
 8. **AWARDS** Medals will be awarded 1st, 2nd, 3rd placings in each 100m event. In combined age group events each age group will be awarded medals. Participation ribbons will be awarded to all participants in Freestyle and Kickboard events.
 9. 7yrs swimmers can swim in 50m or 25m events but not both.
 10. The meet director reserves the right to amend and vary the program on the day.
 11. **CLOSING DATE** entries close **Monday 10th May 2010.**
 12. MM File available to download from Far North Coast Swimming web site www.fncswim.org.au
 13. Age Champions will be awarded scored on 50m events only.
 14. Electronic timing will be used.
- Food & Drinks will be available.

Please make cheques payable to 'Ballina Indoor Swim Team' and forward all entries to:
The race secretary
Ballina Indoor Swim Team
Shop 48 Ballina Fair SC
Ballina NSW 2478

Enquires to Britt Charlton
(02) 6686 8299
ballinaswimgym@bigpond.com
