

Far North Coast Swimming Association
Championship Relay Carnival
Saturday, 12th December 2009
Mullumbimby Pool

Hosted by Mullumbimby Swimming Club

Warm up: 8.00am

Start: 9.00am

M	F	Age	Distance	Stroke	Shield Events
1	2	Open	4x100m	Freestyle Relay	
	4	12&under	10x50m	Freestyle Relay	10 Females (McLennan Shield)
5	6	13&under	4x50m	Medley Relay	
7	8	9&under	4x50m	Freestyle Relay	
9	10	15&under	4x50m	Freestyle Relay	
11	12	8&under	4x50m	Freestyle Relay	
13	14	10&under	4x50m	Medley Relay	
15	16	12&under	4x50m	Freestyle Relay	
17	18	Open	4x50m	Medley Relay	
19	20	14&under	4x50m	Freestyle Relay	
21	22	11&under	4x50m	Freestyle Relay	
	24	Open	10x50m	Freestyle Relay	10 Females (Moon Shield)
25	26	16&under	4x50m	Freestyle Relay	
27	28	13&under	4x50m	Freestyle Relay	
29	30	8&under	4x50m	Medley Relay	
31	32	12&under	4x50m	Medley Relay	
33	34	Open	4x50m	Freestyle Relay	
35	36	9&under	4x50m	Medley Relay	
37	38	16&under	4x50m	Medley Relay	
39		Open	10x50m	Freestyle Relay	10 Males (Meek Shield)
41	42	10&under	4x50m	Freestyle Relay	
43	44	15&under	4x50m	Medley Relay	
45		12&under	10x50m	Freestyle Relay	10 Males (Midgley Shield)
47	48	Open	4x100m	Medley Relay	
49	50	14&under	4x50m	Medley Relay	
51	52	11&under	4x50m	Medley Relay	

- This carnival will be run using the **one-start** rule.
- Shield events (4, 24, 39 & 45) do not count towards overall pointscore.
- Limit of one team per club for these shield events.
- Swimmers may swim in their own age and **one** older age group, plus open events.
- Clubs may enter up to 3 teams per event (except shield events).
- With multiple entries, one team must be all of event age. Other teams must have at least one swimmer of event age.
- If clubs have difficulty filling all places in a team they may 'borrow' swimmers from other clubs or from older age groups in their own club, to form a composite team. However, no points or medals can be awarded and the meet referee must be informed before the team can swim.
- Age of swimmers is at 12th December 2009.
- Entry fee is \$5.00 per team per event.
- Entries close 6th December 2009
- Email address for **Meet Manager or Team Manager e-entries**: njanderton@westnet.com.au
A summary sheet of your club's entries plus an entry fee report from either program must be mailed with the payment when using e-entries.
- Manual entries should be on the **Far North Coast Relay Entry Form**
- Cheques should be made out to **Far North Coast Swimming Association** and posted with the entry form to:

The Race Secretary
Mullumbimby Swimming Club
PO Box 763 Mullumbimby NSW 2482