

Kingscliff Short Course Qualifying Carnival (AA)

Great music, food and atmosphere = an excellent kick-off for the shortcourse season

Sunday 30th May, 2010

WARM UP 9:30 AM START 10.00 AM
@ Kingscliff Swim Centre Cudgen Rd Kingscliff

Featuring the inaugural "KINGY CUP" all age relay with \$120 prize for the winning team.

Male	Female	EVENT	Break Times
1		Mixed Open 200m Freestyle Time Trial	1.50.00
2	3	8 & Under 50m Freestyle	30.00
4	5	9/10 Years 50m Freestyle	28.00
6	7	11/12 Years 50m Freestyle	26.00
8	9	13/14 Years 50m Freestyle	24.00
10	11	15 & Over 50m Freestyle	22.00
12		Mixed Multi-disability 50m Freestyle	22.00
13	14	Open 100m Butterfly	55.00
15		Mixed Open 200m Backstroke Time Trial	2.05.00
16	17	8 & Under 50m Butterfly	34.00
18	19	9/10 Years 50m Butterfly	32.00
20	21	11/12 Years 50m Butterfly	30.00
22	23	13/14 Years 50m Butterfly	28.00
24	25	15 & Over 50m Butterfly	26.00
26		Mixed Multi-disability 50m Butterfly	26.00
27	28	Open 100 Backstroke	55.00
29		Mixed Open 200m Individual Medley Time Trial	2.10.00
30		MIDTRANS KINGY CUP (10YRS-OPEN MIXED RELAYS) \$6 PER TEAM PAY ON THE DAY \$120 CASH PRIZE	
31		Mixed Open 200m Breaststroke Time Trial	2.20.00
32	33	8 & Under 50m Backstroke	34.00
34	35	9/10 Years 50m Backstroke	32.00
36	37	11/12 Years 50m Backstroke	30.00
38	39	13/14 Years 50m Backstroke	28.00
40	41	15 & Over 50m Backstroke	26.00
42		Mixed Multi-disability 50m Backstroke	26.00
43	44	Open 100 Breaststroke	1.05.00
45		Mixed Open 200m Butterfly Time Trial	2.00.00
46	47	8 & Under 50m Breaststroke	36.00
48	49	9/10 50m Breaststroke	34.00
50	51	11/12 50 Breaststroke	32.00
52	53	13/14 50 Breaststroke	30.00
54	55	15 & Over 50m Breaststroke	28.00
56		Mixed Multi-disability 50m Breaststroke	28.00
57	58	Open 100m Freestyle	50.00

Entry Fee \$4.00 per event.
Entries Close 20th May 2010 (No late entries accepted)
Please post entries with cheque to :
Kingscliff Swimming Club
C/- 21 Tallows Ave Kingscliff NSW 2487
Enquiries to the Race Secretary, ph 043138164
Email entries to the4punters@hotmail.com

Event 30 is a mixed relay. Enter on the day \$6 per team. Teams must be comprised of a combination of male and female swimmers one from each age group. (eg. 10, 11, 12, 13, 14, Open) Swimmers may swim up ages in order to make up a team.

Kingscliff Short Course Qualifying Carnival

You are cordially invited to attend the 2010 Kingscliff Short Course Qualifying Carnival (AA). This carnival with its great music, food and atmosphere is an excellent way for your Club to kick off the shortcourse season.

Details of the meet are:

DATE:	Sunday 30 th May 2010
TIME:	Warm up 9.30am for a 10.00am start
VENUE:	Kingscliff Swim Centre, Cnr McPhail & Cudgen Rds Kingscliff
POOL ENTRY:	\$3.50 per person
PROGRAM:	\$3.00
ENTRY FEE:	\$4.00 per event. (Please note there is a \$6 entry fee for the Midtrans Kingy Cup Mixed 10yr-Open Relay payable on the day)
ENTRIES CLOSE:	20 th May 2010. No late entries will be accepted. Entries will not be accepted on the day.
EVENTS:	As per the attached program of events. Heats will be swum as timed finals.
RULES:	This is an Area Approved AA Meet conducted under the rules of SNSW LTD. Swimmers personal best times must be slower than the stated break time.
MEDALS:	Medals will be awarded to the first three places in each age group in all events including open events. Medals will not be awarded for time trial events.
RESULTS:	Results will be available during the meet. .
RELAY:	The Kingy Cup is a mixed (6x25) relay with a \$120 prize to the winning team. Teams must comprise a mix of male/female swimmers with one swimmer representing each age group (eg 10, 11, 12, 13, 14, Open). Swimmers may swim up in age. Entry to this event is \$6 per team and entries will be taken on the day.
REFRESHMENTS:	An excellent range of food and beverages will be available.

Kingscliff Swimming Club looks forward to you joining us for our Carnival. Please contact Jolene Punter on 0431358164 or email the4punters@hotmail.com
Nominations should be accompanied by the correct entry fee and addressed to

The Race Secretary
Kingscliff Swimming Club
C/- 21 Tallows Ave
Kingscliff, NSW, 2487.

TM/MM Entry files can be obtained from www.fnswim.org.au
Email entries to the4punters@hotmail.com Email entries must be followed by cheque, team summary report & entry fee summary report within 3 working days.