

MEET 1

Open Interclub "Con Amalos Shield"

Sunday 25/10/09

Morwell

Morwell Leisure Centre 25m Indoor Pool

McDonald Street Ph 51339900

GIRLS EVENT

BOYS EVENT

1.	Open	Q.TIMES Girls 1:55	100m	Breaststroke	Q.TIMES Boys 1:50	2.
3.	7 & Under		25M	Butterfly		4.
5.	10/11 Years		50M	Breaststroke		6.
7.	14/15 Years		50M	Backstroke		8.
9.	16 & Over		50M	Breaststroke		10.
11.	12/13 Years		50M	Butterfly		12.
13.	9 & Under		50M	Butterfly		14.
15.	Open	Q.TIMES Girls 1:25	100M	Freestyle	Q.TIME Boys 1:20	16.
17.	7 & Under		50M	Freestyle		18.
19.	25 & Over		50m	Freestyle		20.
21.	10/11 Years		50M	Backstroke		22.
23.	14/15 Years		50M	Breaststroke		24.
25.	16 & Over		50M	Butterfly		26.
27.	12/13 Years		50M	Freestyle		28.
29.	8/9 Years		50M	Backstroke		30.

Restricted entry to **just one** of the following 200m events:

31.	Open	Q.TIMES Girls 3:35	200m	Ind. Medley	Q.TIME Boys 3:30	32.
33.	Open	Q.TIMES Girls 3:35	200m	Backstroke	Q.TIME Boys 3:25	34.

B R E A K

35.	7 & Under		25M	Breaststroke		36.
37.	13 & Under		100M	Individual Medley		38.
39.	Open	Q.TIMES Girls 1:40	100M	Backstroke	Q.TIMES Boys 1:33	40.
41.	10/11 Years		50M	Freestyle		42.
43.	14/15 Years		50M	Butterfly		44.
45.	16 & Over		50M	Freestyle		46.
47.	12/13 Years		50M	Backstroke		48.
49.	8/9 Years		50M	Freestyle		50.
51.	Open	Q.TIMES Girls 1:50	100M	Butterfly	Q.TIMES Boys 1:45	52.
53.	7 & Under		50M	Backstroke		54.
55.	10/11 Years		50M	Butterfly		56.
57.	14/15 Years		50M	Freestyle		58.
59.	16 & Over		50M	Backstroke		60.
61.	9 & Under		50M	Breaststroke		62.
63.	12/13 Years		50M	Breaststroke		64.

Restricted entry to **just one** of the following 200m events:

65.	Open	Q.TIMES Girls 3:55	200m	Breaststroke	Q.TIME Boys 3:50	66.
67.	Open	Q.TIMES Girls 4:05	200m	Butterfly	Q.TIME Boys 4:00	68.

OFFICIALS 10:30am, MARSHALLING 10:45am, COMMENCES 11:00am.

Swimmers can enter just 1 of Events 31-34 and 1 of 65-68, these events may be combined.

Entry Conditions:

1. Event Entry Fee \$7 for all competitors. (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 18/10/2009.

SWIMMERS PLEASE NOTE: IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

MAY START IN THE WATER

MEET 2

Time Trial

Sunday 8/11/09

Leongatha (SGB) Camp 21 #1

Leongatha Indoor Pool 25m Indoor Pool

"Splash" Routhead Street, Ph 56625911

GIRLS EVENT

BOYS EVENT

SESSION 1

1.	12 & Under	100M Backstroke	2.
3.	13 & Over	100 Breaststroke	4.
5.	12 & Under	50M Butterfly	6.
7.	13 & Over	50M Freestyle	8.
9.	12 & Under	100M Individual Medley	10.
11.	13 & Over	100 Backstroke	12.
13.	12 & Under	50M Breaststroke	14.
15.	13 & Over	50M Butterfly	16.
17.	12 & Under	100M Freestyle	18.
19.	13 & Over	100M Individual Medley	20.
21.	10 & Under	4x50 Medley Relay	22.
23.	14 & Under	4x50 Medley Relay	24.

BREAK

SESSION 2

25.	15 & Over	4x50 Freestyle Relay	26.
27.	12 & Under	50M Backstroke	28.
29.	13 & Over	50M Breaststroke	30.
31.	12 & Under	100M Butterfly	32.
33.	13 & Over	100M Freestyle	34.
35.	Open	200M Freestyle	36.
37.	13 & Over	50M Backstroke	38.
39.	12 & Under	100M Breaststroke	40.
41.	13 & Over	100M Butterfly	42.
43.	12 & Under	50M Freestyle	44.

Choose one option in event 45/46

45.a	Open(QT Girls 6:15)	400M Freestyle (Q Time Boys 6:00)	46.a
45.b.	Open	400M Individual Medley	46.b

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11am.

TIME TRIAL CONDITIONS:

1. Swimmers are limited to 4 individual swims per session (total 8). Events 7/8 and 43/44 allowed in addition to the 4 event quota – run as NTN events (see 2.)
2. Events 7/8 and 43/44 run as Nearest to Nominated Time Events. Ribbons presented to swimmers in ages as below to swimmers closest to their entry time.
3. Ribbons presented to Male and Female first 3 places in Even Age Groups only: 8 & Under, 9/10, 11/12, 13/14, 15/16, 17 & Over
4. Scoring Open and Interclub points

Entry Conditions:

1. Entry Fee \$7 for all competitors. (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 1/11/09.

RELAYS

1. Relay Entries limited to 2 per Club, no Entry Fees Required
2. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
3. Relay Entries on the day close at the completion of Event 10

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER

MEET 3
Open Interclub
Sunday 15/11/09
Warragul Camp 21 #2

Warragul 25m Indoor

Burke St 56234017

GIRLS EVENT

BOYS EVENT

1.	Open	Q.Time Girls 1:40	100M	Backstroke	Q.Time Boys 1:33	2.
3.	9/10 Years		50M	Butterfly		4.
5.	13/14 Years		50M	Breaststroke		6.
7.	15/16 Years		50M	Butterfly		8.
9.	17&Over		50M	Freestyle		10
11.	11/12 Years		50M	Breaststroke		12.
13.	8 & Under		50M	Backstroke		14.
15	25 & Over		50m	Freestyle		16
17.	Open	Q.Time Girls 1:55	100M	Breaststroke	Q.Time Boys 1:50	18.
19.	9/10 Years		50M	Freestyle		20.
21.	13/14 Years		50M	Backstroke		22.
23.	15/16 Years		50M	Backstroke		24.
25	17&Over		50M	Breaststroke		26.
27.	11/12 Years		50M	Butterfly		28.
29.	8 & Under		50M	Butterfly		30.
31.	Open		200M	Freestyle		32.
B R E A K						
33.	10 & Under		4x50	Freestyle Relay		34.
35.	14 & Under		4x50	Medley Relay		36.
37.	15 & Over		4x50	Freestyle Relay		38.
39.	8 & Under		50M	Breaststroke		40.
41.	Open	Q Time Girls 1:50	100M	Butterfly	Q Time Boys 1:45	42
43.	9/10 Years		50M	Breaststroke		44
45.	13/14 Years		50M	Butterfly		46
47.	15/16 Years		50M	Breaststroke		48
51.	17&Over		50M	Butterfly		50.
53.	11/12 Years		50M	Freestyle		52.
55.	8 & Under		50M	Freestyle		54.
57.	Open	Q Time Girls 1:25	100M	Freestyle	Q Time Boys 1:20	56.
59.	9/10 Years		50M	Backstroke		58.
61.	13/14 Years		50M	Freestyle		60.
63.	15/16 Years		50M	Freestyle		62.
65.	17&Over		50M	Backstroke		64
67.	11/12 Years		50M	Backstroke		66.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Event Entry Fee \$7 for all competitors (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 8/11/09.

RELAYS

1. Relay Entries limited to 2 per Club, no Entry Fees Required
2. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
3. Relay Entries on the day close at the completion of Event 24

**SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU
MAY START IN THE WATER**

MEET 4
Open Interclub
Sunday 29/11/09
Morwell

Morwell 25m Indoor

McDonald St 51339900

GIRLS EVENT

BOYS EVENT

Restricted entry to **just one** of the following two 200m events:

1. Open	200M	Ind. Medley	2.
3. Open	200M	Backstroke	4.
5. 7 & Under	25M	Butterfly	6.
7. 10/11 Years	50M	Breaststroke	8.
9. 14/15 Years	100M	Backstroke	10.
11. 16 & Over	100M	Breaststroke	12.
13. 12/13 Years	100M	Butterfly	14.
15. 8/9 years	50M	Butterfly	16.
17. 7 & Under	25M	Freestyle	18.
19. 10/11 Years	50M	Backstroke	20.
21. 14/15 Years	100M	Breaststroke	22.
23. 16 & Over	100M	Butterfly	24.
25. 12/13 Years	100M	Freestyle	26.
27. 9 & Under	50M	Backstroke	28.

Restricted entry to **just one** of the following three 200m events

29. Open	200M	Butterfly	30.
31. Open	200M	Freestyle	32.
33. Open	200M	Breaststroke	34.

B R E A K

35. Open	4x100M	Medley Relay	36.
37. 7 & Under	25M	Breaststroke	38.
39. 10/11 Years	50M	Freestyle	40.
41. 14/15 Years	100M	Butterfly	42.
43. 16 & Over	100M	Freestyle	44.
45. 12/13 Years	100M	Backstroke	46.
47. 9 & Under	50M	Freestyle	48.
49. 25 & Over	50M	Freestyle	50.
51. 7 & Under	25M	Backstroke	52.
53. 10/11 Years	50M	Butterfly	54.
55. 14/15 Years	100M	Freestyle	56.
57. 16 & Over	100M	Backstroke	58.
59. 12/13 Years	100M	Breaststroke	60.
61. 8/9 years	50M	Breaststroke	62.
63. Open	4x100	Freestyle Relay	64.

OFFICIALS 10:30am, MARSHALLING 10:45am, COMMENCES 11:00am.

Entry Conditions:

1. Event Entry Fee \$7 for all competitors. (\$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 29/11/09.
4. Swimmers can enter just 1 of Events 1-4 and 1 of 29-34, these events may be combined.
5. Relay Entries limited to 2 per Club, no Entry Fees Required
6. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
7. Relay Entries on the day close at the completion of Event 20

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

Meet 5

Proficiency & Open Time Trial Distance Meet

Sunday 6/12/09

Warragul

Warragul 25m Indoor

Burke St 56234017

11.00am PROFICIENCY MEET

The "Proficiency Meet" is held bi-annually in our District. This meet is an opportunity for swimmers to pass their competitive 'levels' for: Bronze, Bronze Star, Silver, Silver Star, Gold and Gold Bar. Each pass is accompanied by a cloth patch, and metal badges are also available for purchase to mark the successful achievement of a level. Proficiency levels require completing distances within times as well as with correct technique. Participation in the Proficiency meet helps swimmers to identify improvement in their times and abilities as they acquire new levels.

A poster showing the required distances/times will be sent to each Club and is often displayed at local pools/club rooms. An entry sheet on which swimmers write their name as well as the level they wish to complete is kept by each Club. Swimmers must complete each level in order but can attempt more than one level on the day. Club (Entries Officers or Secretaries) may download an entry pro-forma from the Gippsland website and return this with one cheque written to Gippsland Swimming to the Vice President/Proficiency Officer. Names of competitors are sent to Swimming Victoria and a program is returned to assist our District in the running of this meet.

Please refer to your Club Secretary for more information.

1.00pm OPEN TIME TRIAL DISTANCE MEET

GIRLS EVENT

BOYS EVENT

1.	4x100 Freestyle Relay	2.	Limit 1 Relay Team per Club
3.	200M Backstroke	4.	Limit 2 Swims per swimmer from Events 3 to 8
5.	200M Breaststroke	6.	
7.	200M Ind Medley	8.	

Break 5 Minutes

9.	200M Freestyle	10.	Limit 1 Swim per swimmer from Events 9 to 12
11.	400M Ind Medley	12.	
13.	4x100 Medley Relay	14.	Limit 1 Relay Team per Club

Break 5 Minutes

15.	200M Butterfly	16.	Limit 1 Swim per swimmer from Events 15 to 18
17.	400M Freestyle	18.	

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11am.

TIME TRIAL CONDITIONS:

- 1 Swimmers are limited to 4 Individual swims.
- 2 Ribbons presented to Male and Female first 3 places in Open Age Group
- 3 Scoring Open and Interclub points

TIME TRIAL Entry Conditions:

- 1 Entry Fee \$7 for all competitors (\$2. SVI MAP fee)
- 2 Entry Process as defined at the front of Meet Programs.
- 3 Distance Meet Entries close with GSI Entries Officer Sunday 22/11/09
- 4 Relay Events will be scored, Team Sheets are required for Relay Swimmers
- 5 Restricted to 1 Relay Team per event per Club

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

Meet 6
Open Interclub “Last Blast Countries”
Saturday 12/12/09
Camp 21 #3
Sale “Tom Osborne”

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

BOYS EVENT

1.	16/17 years	100M	Butterfly	2.
3.	8/9 Years	50M	Freestyle	4.
5.	12/13 Years	100M	Butterfly	6.
7.	14/15 Years	100M	Freestyle	8.
9.	18 & Over	50M	Freestyle	10.
11.	10/11 Years	50M	Butterfly	12.
13.	7 & Under	50M	Breaststroke	14.
15.	16/17 years	100M	Backstroke	16.
17.	8/9 Years	50M	Backstroke	18.
19.	12/13 Years	100M	Freestyle	20.
21.	14/15 Years	100M	Backstroke	22.
23.	18 & Over	50M	Butterfly	24.
25.	10/11 Years	50M	Freestyle	26.
27.	7 & Under	50M	Butterfly	28.

Restricted entry to **just one** of the following 200m events:

29.	Open Q Time Girls 3:35	200M	Backstroke	Q Time Boys 3:25	30.
31.	Open Q Time Girls 3:00	200M	Freestyle	Q Time Boys 2:50	32.
33.	Open Q Time Girls 3:55	200M	Breaststroke	Q Time Boys 3:50	34.

BREAK

35.	16/17 years	100M	Breaststroke	36.
37.	8/9 Years	50M	Breaststroke	38.
39.	12/13 Years	100M	Backstroke	40.
41.	14/15 Years	100M	Breaststroke	42.
43.	18 & Over	50M	Backstroke	44.
45.	10/11 Years	50M	Breaststroke	46.
47.	25 & Over	50M	Freestyle	48.
49.	7 & Under	50M	Freestyle	50.
51.	16/17 years	100M	Freestyle	52.
53.	8/9 Years	50M	Butterfly	54.
55.	10/11 Years	50M	Backstroke	56.
57.	12/13 Years	100M	Breaststroke	58.
59.	14/15 Years	100M	Butterfly	60.
61.	18 & Over	50M	Breaststroke	62.
63.	7 & Under	50M	Backstroke	64.

Choose One of the events below

65.	Open Q Time Girls 3:35	200M	Ind. Medley	Q Time Boys 3:30	66.
67.	Open Q Time Girls 4:05	200M	Butterfly	Q Time Boys 4:00	68.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Entry Fee \$7 for swimmers. (inc \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 6/12/09.
4. Swimmers can enter **just 1 of Events 29-34 and 65-68**, these events may be combined.

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

Meet 7
Open Interclub
Saturday 19/12/09
EGWD

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

BOYS EVENT

1.	Open Q Time Girls 3:35	200M	I Medley Q Time Boys 3:30	2.
3.	9/10 Years	50M	Freestyle	4.
5.	13/14 Years	50M	Butterfly	6.
7.	15 & Over	50M	Freestyle	8.
9.	11/12 Years	100M	Butterfly	10.
11.	8 & Under	50M	Breaststroke	12.
13.	Open (QT 1:40)	100M	Backstroke (QT 1:33)	14.
15.	9/10 Years	50M	Backstroke	16.
17.	13/14 Years	50M	Freestyle	18.
19.	15 & Over	50M	Backstroke	20.
21.	11/12 Years	100M	Freestyle	22.
23.	8 & Under	50M	Butterfly	24.
25.	Open (QT 1:55)	100M	Breaststroke (QT 1:50)	26.

BREAK

27.	10 & Under	4x50M	Freestyle Relay	28.
29.	14 & Under	4x50M	Freestyle Relay	30.
31.	15 & Over	4x50M	Medley Relay	32.
33.	9/10 Years	50M	Breaststroke	34.
35.	13/14 Years	50M	Backstroke	36.
37.	15 & Over	50M	Breaststroke	38.
39.	11/12 Years	100M	Breaststroke	40.
41.	8 & Under	50M	Freestyle	42.
43.	25 & Over	50m	Freestyle	44.
45.	Open (QT 1:25)	100M	Freestyle (QT 1:20)	46.
47.	9/10 Years	50M	Butterfly	48.
49.	13/14 Years	50M	Breaststroke	50.
51.	15 & Over	50M	Butterfly	52.
53.	11/12 Years	100M	Backstroke	54.
55.	8 & Under	50M	Backstroke	56.
57.	Open (QT 1:50)	100M	Butterfly (QT 1:45)	58.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Entry Fee \$7 for all competitors. (\$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 13/12/09

RELAYS

1. Relay Entries limited to 2 per Club, no Entry Fees Required
2. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams

3. Relay Entries on the day close at the completion of Event 20

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

**Meet 8
Time Trial
Saturday 9/01/10
Traralgon**

Traralgon 50m Outdoor Pool

Seymour Street 51763551

GIRLS EVENT

BOYS EVENT

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| 1. | 13 & Under | 100M Backstroke |
| 3. | 14 & Over | 100 Breaststroke |
| 5. | 13 & Under | 50M Butterfly |
| 7. | 14 & Over | 50M Freestyle |
| 9. | 13 & Under | 200M Individual Medley |
| 11. | 14 & Over | 100 Backstroke |
| 13. | 13 & Under | 50M Breaststroke |
| 15. | 14 & Over | 50M Butterfly |
| 17. | 13 & Under | 100M Freestyle |
| 19. | 14 & Over | 200M Individual Medley |

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BREAK

Choose one option in event 21

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| 21.a | OPEN | 400M Individual Medley | 22.a |
| 21.b | OPEN | 400M Freestyle | 22.b |
| 23. | 13 & Under | 50M Backstroke | 24. |
| 25. | 14 & Over | 50M Breaststroke | 26. |
| 27. | 13 & Under | 100M Butterfly | 28. |
| 29. | 14 & Over | 100M Freestyle | 30. |
| 31. | 13 & Under | 200M Freestyle | 32. |
| 33. | 14 & Over | 50M Backstroke | 34. |
| 35. | 13 & Under | 100M Breaststroke | 36. |
| 37. | 14 & Over | 100M Butterfly | 38. |
| 39. | 13 & Under | 50M Freestyle | 40. |
| 41. | 14 & Over | 200M Freestyle | 42. |

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

TIME TRIAL CONDITIONS:

- Swimmers are limited to 4 individual swims per session (total 8).Event 7/8 or 39/40 allowed in addition to the 8 event quota – run as NTN events (see 2.)
- Events 7/8 and 38/40 run as Nearest to Nominated Time Events. Ribbons presented to swimmers in ages as below to swimmers closest to their entry time.
- Ribbons presented to Male and Female first 3 places in Odd Age Groups only: 7 & Under, 8/9, 10/11, 12/13, 14/15, 16 & Over
- Scoring Open and Interclub points

Entry Conditions:

- Entry Fee \$7 for all competitors. (inc. \$2. SVI MAP fee)
- Entry Process as defined at the front of Meet Programs.
- Entries close with GSI Entries Officer Sunday 3/01/10.

**SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY
START IN THE WATER.**

Meet 9
Open Interclub
Saturday 16/01/10
At Moe hosted by Warragul

MOE 50M Outdoor Pool

Vale Street 51272931

GIRLS EVENT

BOYS EVENT

1.	Open (QT 1:50)	100M	Butterfly (QT 1:45)	2.
3.	9/10 Years	50M	Freestyle	4.
5.	13/14 Years	50M	Butterfly	6.
7.	15 & Over	50M	Freestyle	8.
9.	11/12 Years	100M	Butterfly	10.
11.	8 & Under	50M	Breaststroke	12.
13.	Open (QT 1:40)	100M	Backstroke (QT 1:33)	14.
15.	9/10 Years	50M	Backstroke	16.
17.	13/14 Years	50M	Freestyle	18.
19.	15 & Over	50M	Backstroke	20.
21.	11/12 Years	100M	Freestyle	22.
23.	8 & Under	50M	Butterfly	24.
25.	Open (Q.TIME 3:00)	200m	Freestyle (Q.TIME 2:50)	26.
27.	10 & Under	4 x50M	Freestyle Relay	28.
29.	14 & Under	4 x50M	Medley Relay	30.
31.	Open	4 x50M	Medley Relay	32.
BREAK				
33.	9/10 Years	50M	Breaststroke	34.
35.	13/14 Years	50M	Backstroke	36.
37.	15 & Over	50M	Breaststroke	38.
39.	11/12 Years	100M	Breaststroke	40.
41.	8 & Under	50M	Freestyle	42.
43.	25 & Over	50M	Freestyle	44.
45.	Open (QT 1:25)	100M	Freestyle (QT 1:20)	46.
47.	9/10 Years	50M	Butterfly	48.
49.	13/14 Years	50M	Breaststroke	50.
51.	15 & Over	50M	Butterfly	52.
53.	11/12 Years	100M	Backstroke	54.
55.	8 & Under	50M	Backstroke	56.
57.	Open (QT 1:55)	100M	Breaststroke (QT 1:50)	58.
59.	Open (QT 3:35)	200M	Individual Medley (QT 3:30)	60.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Entry Fee \$7 for swimmers. (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 10/1/2010.
4. Relay Entries limited to 2 per Club, no Entry Fees Required
5. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
6. Relay Entries on the day close at the completion of Event 16

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

Meet 10
Open Interclub
Saturday 30/01/10
Sale

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

1.	Open (QT 1:50)	100M
3.	8/9 Years	50M
5.	12/13 Years	50M
7.	14/15 Years	100M
9.	16 & Over	50M
11.	10/11 Years	100M
13.	7 & Under	50M
15.	Open (QT 1:40)	100M
17.	25 & Over	50M
19.	8/9 Years	50M
21.	12/13 Years	50M
23.	14/15 Years	100M
25.	16 & Over	50M
27.	10/11 Years	100M
29.	7 & Under	50M
31.	Open	200M
		BREAK
33.	Open (QT 1:55)	100M
35.	8/9 Years	50M
37.	12/13 Years	50M
39.	14/15 Years	100M
41.	16 & Over	50M
43.	10/11 Years	100M
45.	7 & Under	50M
47.	Open (QT 1:25)	100M
49.	8/9 Years	50M
51.	12/13 Years	50M
53.	14/15 Years	100M
55.	16 & Over	50M
57.	10/11 Years	100M
59.	7 & Under	50M
61.	16 & Under	4x50M
63.	Open	4x100M
65.	12 & Under	4x50M

BOYS EVENT

2.	Butterfly (QT 1:45)	2.
4.	Freestyle	4.
6.	Butterfly	6.
8.	Freestyle	8.
10.	Freestyle	10.
12.	Butterfly	12.
14.	Breaststroke	14.
16.	Backstroke (QT 1:33)	16.
18.	Freestyle	18.
20.	Backstroke	20.
22.	Freestyle	22.
24.	Backstroke	24.
26.	Butterfly	26.
28.	Freestyle	28.
30.	Butterfly	30.
32.	Individual Medley	32.
34.	Breaststroke (QT 1:50)	34.
36.	Breaststroke	36.
38.	Backstroke	38.
40.	Breaststroke	40.
42.	Backstroke	42.
44.	Breaststroke	44.
46.	Freestyle	46.
48.	Freestyle (QT 1:20)	48.
50.	Butterfly	50.
52.	Breaststroke	52.
54.	Butterfly	54.
56.	Breaststroke	56.
58.	Backstroke	58.
60.	Backstroke	60.
62.	Medley Relay	62.
64.	Freestyle Relay	64.
66.	Medley Relay	66.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Entry Fee \$7 for swimmers. (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Entries close with GSI Entries Officer Sunday 24/01/10.
4. Relay Entries limited to 2 per Club, no Entry Fees Required
5. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
6. Relay Entries on the day close at the completion of Event 24.

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

Meet 11
Time Trial
Saturday 6/02/10
EGWD

Bairnsdale 50m Outdoor Pool

Turnbull Street Ph 51525710

GIRLS EVENT

BOYS EVENT

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1.	13 & Under	100M Backstroke	2.
3.	14 & Over	100 Breaststroke	4.
5.	13 & Under	50M Butterfly	6.
7.	14 & Over	50M Freestyle	8.
9.	13 & Under	200M Individual Medley	10.
11.	14 & Over	100 Backstroke	12.
13.	13 & Under	50M Breaststroke	14.
15.	14 & Over	50M Butterfly	16.
17.	13 & Under	100M Freestyle	18.
19.	14 & Over	200M Individual Medley	20.

BREAK

Choose one option in event 21

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21.a	OPEN	400M Individual Medley	22. a
21.b	OPEN	400M Freestyle	22. b
23.	13 & Under	50M Backstroke	24.
25.	14 & Over	50M Breaststroke	26.
27.	13 & Under	100M Butterfly	28.
29.	14 & Over	100M Freestyle	30.
31.	13 & Under	200M Freestyle	32.
33.	14 & Over	50M Backstroke	34.
35.	13 & Under	100M Breaststroke	36.
37.	14 & Over	100M Butterfly	38.
39.	13 & Under	50M Freestyle	40.
41.	14 & Over	200M Freestyle	42.

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

TIME TRIAL CONDITIONS:

- Swimmers are limited to 4 individual swims per session (total 8).Event 7/8 or 39/40 allowed in addition to the 8 event quota – run as NTN events (see 2.)
- Events 7/8 and 39/40 run as Nearest to Nominated Time Events. Ribbons presented to swimmers in ages as below to swimmers closest to their entry time.
- Ribbons presented to Male and Female first 3 places in Odd Age Groups only: 7 & Under, 8/9, 10/11, 12/13, 14/15, 16 & Over
- Scoring Open and Interclub points

Entry Conditions:

- Entry Fee \$7 for all competitors. (inc \$2. SVI MAP fee)
- Entry Process as defined at the front of Meet Programs.
- Entries close with GSI Entries Officer Sunday 31/01/10.

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

MEET 12
Open Interclub
Saturday 14/02/10
At Moe hosted by Morwell

Moe 50M Outdoor Pool

Vale Street Ph 51272931

GIRLS EVENT

1.	Open	200M
3.	9/10 Years	50M
5.	13/14 Years	100M
7.	15/16 Years	100M
9.	17 & Over	50M
11.	11/12 Years	100M
13.	8 & Under	50M
15.	Open	200M
17.	9/10 Years	50M
19.	13/14 Years	100M
21.	15/16 Years	100M
23.	17 & Over	50M
25.	11/12 Years	100M
27.	8 & Under	50M
		BREAK
29.	Open	200M
31.	9/10 Years	50M
33.	13/14 Years	100M
35.	15/16 Years	100M
37.	17 & Over	50M
39.	11/12 Years	100M
41.	8 & Under	50M
43.	9/10 Years	50M
45.	13/14 Years	100M
47.	15/16 Years	100M
49.	17 & Over	50M
51.	11/12 Years	100M
53.	8 & Under	50m
55.	Open	4 x100M
57.	14 & Under	4 x50M
59.	10 & Under	4 x50M

BOYS EVENT

2.	Butterfly
4.	Freestyle
6.	Butterfly
8.	Freestyle
10.	Freestyle
12.	Butterfly
14.	Breaststroke
16.	Backstroke
18.	Backstroke
20.	Freestyle
22.	Backstroke
24.	Butterfly
26.	Freestyle
28.	Butterfly
30.	Breaststroke
32.	Breaststroke
34.	Backstroke
36.	Breaststroke
38.	Backstroke
40.	Breaststroke
42.	Freestyle
44.	Butterfly
46.	Breaststroke
48.	Butterfly
50.	Breaststroke
52.	Backstroke
54.	Backstroke
56.	Medley Relay
58.	Freestyle Relay
60.	Freestyle Relay

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

Entry Conditions:

1. Entry Fee \$7 for all competitors. (inc. \$2. SVI MAP fee)
2. Entry Process as defined at the front of Meet Programs.
3. Swimmers restricted to no more than two 200M Swims at this meet
4. Entries close with GSI Entries Officer Sunday 8/2/2010.
5. Relay Entries limited to 2 per Club, no Entry Fees Required
6. Clubs may combine to form relay Teams on the day if insufficient swimmer numbers to enter own Team. Ribbons provided however no points allocated for combined Teams
7. Relay Entries on the day close at the completion of Event 24

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER

Meet 13
All Junior
Saturday 20/02/10
Traralgon

Traralgon 50m Outdoor Pool

Seymour St 51763551

BOYS EVENT		GIRLS EVENT		BOYS EVENT		GIRLS EVENT	
1.	8 & Under	50m Butterfly	2.	39.	8 & Under	50m Breaststroke	40.
3.	9 Years	50m Butterfly	4.	41.	9 Years	50m Breaststroke	42.
5.	10 Years	50m Butterfly	6.	43.	10 Years	50m Breaststroke	44.
7.	11 Years	50m Butterfly	8.	45.	11 Years	50m Breaststroke	46.
9.	12 Years	50m Butterfly	10.	47.	12 Years	50m Breaststroke	48.
11.	13 Years	50m Butterfly	12.	49.	13 Years	50m Breaststroke	50.
13.	14 Years	50m Butterfly	14.	51.	14 Years	50m Breaststroke	52.
15.	15 & Over	50m Butterfly	16.	53.	15 & Over	50m Breaststroke	54.
17.	35 & Over	50m Butterfly	18.	55.	35 & Over	50m Breaststroke	56.
19.	MD 1. Mixed	50m Butterfly		57.	MD 3. Mixed	50m Breaststroke	
20.	8 & Under	50m Backstroke	21.	58.	8 & Under	50m Freestyle	59.
22.	9 Years	50m Backstroke	23.	60.	9 Years	50m Freestyle	61.
24.	10 Years	50m Backstroke	25.	62.	10 Years	50m Freestyle	63.
26.	11 Years	50m Backstroke	27.	64.	11 Years	50m Freestyle	65.
28.	12 Years	50m Backstroke	29.	66.	12 Years	50m Freestyle	67.
30.	13 Years	50m Backstroke	31.	68.	13 Years	50m Freestyle	69.
32.	14 Years	50m Backstroke	33.	70.	14 Years	50m Freestyle	71.
34.	15 & Over	50m Backstroke	35.	72.	15 & Over	50m Freestyle	73.
36.	35 & Over	50m Backstroke	37.	74.	35 & Over	50m Freestyle	75.
38.	MD 2. Mixed	50m Backstroke		76.	MD 4. Mixed	50m Freestyle	

OFFICIALS 10:30am, MARSHALLING 10.45am, COMMENCES 11.00am.

At this meet swimmers may be offered the opportunity to swim at the Country All Junior Meet to be held at MSAC on 13th March or semi-finals and 14th March for finals.

All Junior selection age as on 13th March 2010

Swimmers may apply for Stroke Proficiency Certificates (Proficiency, Intermediate, Beginner) prior to or on the day through Karen Tsebelis GSI Vice President and Proficiency Officer. Inquire through Club Secretary.

Entry Conditions:

1. Entry Fee \$5 for swimmers 14 years and under, \$7 for swimmers 15 years and over.
2. Entry Process as defined at the front of Meet Programs.
3. Age group for all swimmers including 15 & Over is age as at 22/3/09
4. **Entries close with GSI Entries Officer Sunday 14/02/10, Late entries not accepted**

SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY START IN THE WATER.

ALL JUNIOR Proficiency Certificates

On 20th February at the Traralgon Outdoor Pool, the heats for All Junior will be held. For All Junior, swimmers compete in their own age group over 50 metres in each stroke. The fastest 5 swimmers in the district in each stroke will go on to compete in the Finals in Melbourne on March 13, 2010.

Swimmers may also apply for 'Proficiency Certificates' in conjunction with All Junior entries.

Proficiency Certificates are available as follows:

- Elementary - shows competence in 50m of both Freestyle and Backstroke
- Intermediate - shows competency in 50m of Freestyle, Backstroke and Breaststroke **or** Butterfly
- Proficiency - shows competency in 50m of Freestyle, Backstroke, Breaststroke and Butterfly

Swimmers do not need to achieve specific times to qualify for Proficiency certificates; they need only complete the distance with correct technique. The highest award may be applied for without attaining the lower awards.

Costs for Proficiency certificates is \$1.00.

Clubs will be forwarded a form to be filled in with the names of the swimmers wishing to apply for proficiency certificates. This form and the cheque written to **Gippsland Swimming Inc** may be presented to GSI Vice President and Proficiency Officer, Karen Tsebelis at or by the All Junior Swim Meet on **February 20**.

INTERNATIONAL POWER Loy Yang B MITSUI & CO. GIPPSLAND CHAMPIONSHIPS

DAY 1

Saturday 6/03/10

Hosted EGWD

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

BOYS EVENT

1.	Multi-Disability	50M	Freestyle	2.
3.	35 & Over	50M	Freestyle	4.
5.	Open	200M	Breaststroke	6.
	Q.TIMES	Girls 3:50,	Boys 3:45	
7.	13/14 Years	200M	Freestyle	8.
	Q.TIMES	Girls 3:25,	Boys 3:15	
9.	11/12 Years	200M	Ind. Medley	10.
11.	15/16 Years	100M	Butterfly	12.
13.	17 & Over	50M	Butterfly	14.
15.	8 & Under	50M	Breaststroke	16.
17.	Open	400M	Freestyle	18.
	Q.TIMES	Girls 6:15,	Boys 6:00	
19.	11/12 Years	100M	Freestyle	20.
21.	13/14 Years	100M	Breaststroke	22.
23.	15/16 Years	200M	Freestyle	24.
	Q.TIMES	Girls 3:20,	Boys 3:10	
25.	17 & Over	50M	Backstroke	26.
27.	9/10 Years	50M	Backstroke	28.
29.	Open	200M	Butterfly	30.
	Q.TIMES	Girls 4:00,	Boys 3:55	
31.	13/14 Years	100M	Backstroke	32.
33.	17 & Over	4X50M	Medley Relay	34.
35.	10 & Under	4x50M	Freestyle Relay	36.
37.	16 & Under	4x50M	Freestyle Relay	38.
39.	12 & Under	4x50M	Medley Relay	40.
41.	Open	4x100M	Medley Relay	42.

OFFICIALS 9.00 a.m. MARSHALLING 9.15 a.m., COMMENCES 9.30 a.m.

Entry Conditions

1. Entries on SVI Entry Forms or GSI Gippsland Championship Summary Sheet: both available at GSI website www.gippslandswimming.org.au "forms".
2. Individual Entries \$5.00
3. Relay Entries \$10.00
4. MAP fee \$5.00 for meet
5. Entries close Monday 15/02/10
6. Entries regulated by By-Laws Section G

FINALS PLANNED TO START AT 3.00pm

**SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY
START IN THE WATER.**

**INTERNATIONAL POWER Loy Yang B MITSUI & CO.
GIPPSLAND CHAMPIONSHIPS
DAY 2
Sunday 7/03/10**

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

43. 12 & Under
45. Open

200M Freestyle
200M Backstroke

Q.TIMES Girls 3:30, Boys 3:20

47. 8 & Under
49. 9/10 Years
51. 17 & Over
53. Multi-Disability
55. 13/14 Years
57. Open

50M Freestyle
50M Freestyle
50M Breaststroke
50M Backstroke
100M Butterfly
100M Freestyle

Q.TIMES Girls 1:20, Boys 1:15

59. 15/16 Years
61. 11/12 Years
63. Open

100M Backstroke
100M Breaststroke
200M Ind. Medley

Q.TIMES Girls 3:30, Boys 3:25

65. 8 & Under
67. 9/10 Years
69. 17 & Over
71. 15/16 Years
73. 13/14 Years

50M Backstroke
50M Butterfly
50M Freestyle
100M Freestyle
200M Ind. Medley

Q.TIMES Girls 3:45, Boys 3:40

75. Open

100M Breaststroke

Q.TIMES Girls 1:50, Boys 1:45

77. 8 & Under
79. 12 & Under
81. 16 & Under
83. 14 & Under
85. 17 & Over

4x50M Freestyle Relay
4x50M Freestyle Relay
4x50M Medley Relay
4x50M Medley Relay
4x50M Freestyle Relay

BOYS EVENT

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OFFICIALS 9.00 a.m., MARSHALLING 9.15 a.m., COMMENCES 9.30 a.m.

FINALS PLANNED TO START AT 3.00pm

**SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY
START IN THE WATER.**

**INTERNATIONAL POWER Loy Yang B MITSUI & CO.
GIPPSLAND CHAMPIONSHIPS
DAY 3
Monday 8/03/10**

Sale 50m Outdoor

Guthridge St 51423423

GIRLS EVENT

BOYS EVENT

87.	Multi-Disability	50M	Butterfly	88.
89.	Open	100M	Butterfly	90.
Q.TIMES Girls 1:40, Boys 1:30				
91.	10 & Under	200M	Ind. Medley	92.
93.	11/12 Years	100M	Backstroke	94.
95.	15/16 Years	200M	Ind. Medley	96.
Q.TIMES Girls 3:30, Boys 3:25				
97.	17 & Over	200M	Ind. Medley	98.
Q.TIMES Girls 3:40, Boys 3:30				
99.	13/14 Years	100M	Freestyle	100.
101.	9/10 Years	50M	Breaststroke	102.
103.	25 & Over	50M	Freestyle	104.
105.	8 & Under	50M	Butterfly	106.
107.	Multi Disability	50M	Breaststroke	108.
109.	Open	100M	Backstroke	110.
Q.TIMES Girls 1:35, Boys 1:28				
111.	11/12 Years	100M	Butterfly	112.
113.	15/16 Years	100M	Breaststroke	114.
115.	Open	200M	Freestyle	116.
Q.TIMES Girls 3:00, Boys 2:50				
117.	14 & Under	4x50M	Freestyle Relay	118.
119.	10 & Under	4x50M	Medley Relay	120.
121.	Open	4x100M	Freestyle Relay	122.

OFFICIALS 9.00 a.m., MARSHALLING 9.15 a.m., COMMENCES 9.30 a.m.

FINALS PLANNED TO START AT 2.00pm

**SWIMMERS PLEASE NOTE THAT IF YOU DON'T FEEL SAFE DIVING IN YOU MAY
START IN THE WATER.**