



TRARALGON SWIMMING CLUB INC PRESENTS  
**3<sup>RD</sup> Annual LA TROBE CITY CUP**  
CHURCHILL LEISURE CENTRE  
McDonald Way Churchill  
25m Indoor Pool  
**Sunday 26<sup>th</sup> July, 2009**



**Start 9.30am Warm-up Commences at 8:30am**

**GIRLS**

1. WOMENS OPEN 100M FREE
3. 8 YEARS & UNDER 25M BACK
5. 11//12 YEARS 50M BACK
7. 15/16 YEARS 50M BACK
9. 17 YEARS & OVER 50M BACK
11. 10 YEARS & Under 50M BACK
13. 13/14 YEARS 50M BACK
15. WOMENS OPEN 100M FLY
17. 8 YEARS & UNDER 25M FREE
19. 11/12 YEARS 50M BREAST
21. 15/16 YEARS 50M BREAST
23. 17 YEARS & OVER 50M BREAST
25. 13/14 YEARS 50M BREAST
27. 10 Years & Under 50M BREAST
29. WOMEN'S OPEN 100M IM
31. 14 YEARS & UNDER 4 X 50M FR/RELAY
33. WOMENS OPEN 4 X 50M FR/RELAY
35. 10 YEARS & UNDER 4 X 50M FR/RELAY

**LUNCH BREAK**

37. WOMENS OPEN 100M BACK
39. 9 YEARS & UNDER 50M FREE
41. 12/13 YEARS 50M FREE
43. 14/15 YEARS 50M FREE
45. 16 YEARS & OVER 50M FREE
47. 10/11 YEARS 50M FREE
49. 8 YEARS & UNDER 25M BREAST
51. WOMENS OPEN 100M BREAST
53. 12/13 YEARS 50M FLY
55. 14/15 YEARS 50M FLY
57. 16 YEARS & OVER 50M FLY
59. 11 YEARS & Under 50M FLY
61. 9 YEARS & Under 25M FLY
63. WOMENS OPEN 4 X 50M MED/RELAY

**BOYS**

2. MENS OPEN 100M FREE
4. 8 YEARS & UNDER 25M BACK
6. 11//12 YEARS 50M BACK
8. 15/16 YEARS 50M BACK
10. 17 YEARS & OVER 50M BACK
12. 10 YEARS & Under 50M BACK
14. 13/14 YEARS 50M BACK
16. MENS OPEN 100M FLY
18. 8 YEARS & UNDER 25M FREE
20. 11/12 YEARS 50M BREAST
22. 15/16 YEARS 50M BREAST
24. 17 YEARS/OVER 50M BREAST
26. 13/14 YEARS 50M BREAST
28. 10 Years & Under 50M BREAST
30. MENS OPEN 100M IM
32. 14 YEARS & UNDER 4 X 50M FR/RELAY
34. MENS OPEN 4 X 50M FR/RELAY
36. 10 YEARS & UNDER 4 X 50M FR/RELAY

38. MENS OPEN 100M BACK
40. 9 YEARS & UNDER 50M FREE
42. 12/13 YEARS 50M FREE
44. 14/15 YEARS 50M FREE
46. 16 YEARS & OVER 50M FREE
48. 10/11 YEARS 50M FREE
50. 8 YEARS & UNDR 25M BREAST
52. MENS OPEN 100M BREAST
54. 12/13 YEARS 50M FLY
56. 14/15 YEARS 50M FLY
58. 16 YEARS & OVER 50M FLY
60. 11 YEARS & Under 50M FLY
62. 9 YEARS & Under 25M FLY
64. MENS OPEN 4 X 50M MED/RELAY

**AGE DETAILS:** Age as on the day

- **Individual Entries: \$5.50 (Inc SVI levy) Relay Entries: \$8.00**
- Entries on SVI forms (no credit card payments) TM file found at [www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)
- Entries **close on Friday 17th July, 2009**
- Send to **Traralgon Swimming Club PO Box 68 Traralgon 3844**
- TMii files emailed to [clannpc@netspace.net.au](mailto:clannpc@netspace.net.au)
- \*Swimmers may choose only four age group events plus open events.
- Further Information contact [tscswim@traralgonswimming.org.au](mailto:tscswim@traralgonswimming.org.au) or ring Jane on 0419107366
- All Cheques should be made payable to Traralgon Swimming Club Incorporated
- Event 37 Women's Open 100m Backstroke awarded "Kathleen Froud Memorial Trophy"
- Event 38 Men's Open 100m Backstroke awarded "Charles Ford Memorial Trophy"
- Ribbons to third place for all events
- Age group medals for 8 & under, 9, 10, 11, 12, 13, 14, 15, 16, 17 & over based on aggregate score in age events only
- La Trobe Financial Cup Awarded to top Scoring Team
- The meet will be conducted under the rules of S.V. and A.S.I. One start rule applies
- A fully stocked canteen and BBQ will be available
- Entry for all spectators \$3.00 **BYO Chairs** No charge for swimmers
- Programs for sale \$2.00

*Sponsored by La Trobe Financial*