

# 2009 Australian Age Multi Disability Championships

23 – 25 January 2009

AIS, Canberra

**Rules:** Swimming Australia SWD Rules

## **Age Groups:**

13 and 14 years

15 and 16 years

17 and 18 years

Age as at 23 January 2009.

All events Timed Finals and Multi disability format

## **Athletes:**

Must be a member of a swim club

Must hold an SAL Disability ID Card, for classifications S1 – S16.

Entries: Submitted through State Swimming Associations

Entry fees to apply.

## Program of Events

### **Day 1 – Session 1 10am (warm-up 9am)**

13-15 years	Girls	400m Free (S6 – S16)
13-15 years	Boys	400m Free (S6 – S16)
13-18 years	Girls	200m free (S1 – S5)
13-18 years	Boys	200m free (S1 – S5)
16-18 years	Girls	400m free (S6 – S16)
16-18 years	Boys	400m free (S6 – S16)

### **Day 1 – Session 2 3pm (warm-up 2pm)**

13-18 years	Girls	150m IM (SM1 – SM4)
13-18 years	Boys	150m IM (SM1 – SM4)
13-15 years	Girls	200m IM (SM5 – SM16)
13-15 years	Boys	200m IM (SM5 – SM16)
16-18 years	Girls	200m IM (SM5 – SM16)
16-18 years	Girls	200m IM (SM5 – SM16)
13/14 years	Girls	50m Fly
13/14 years	Boys	50m Fly
15/16 years	Girls	50m Breast
15/16 years	Boys	50m Breast
17/18 years	Girls	50m Fly
17/18 years	Boys	50m Fly

### **Day 2 – Session 3 10am**

15/16 years	Girls	100m Back
15/16 years	Boys	100m Back
13/14 years	Girls	50m Free
13/14 years	Boys	50m Free
17/18 years	Girls	100m Free
17/18 years	Boys	100m Free

15/16 years	Girls	100m Breast
15/16 years	Boys	100m Breast
13/14 years	Girls	100m Fly
13/14 years	Boys	100m Fly

**Day 2 – Session 4**

**3pm**

13/14 years	Girls	100m Back
13/14 years	Boys	100m Back
15/16 years	Girls	50m Free
15/16 years	Boys	50m Free
17/18 years	Girls	50m Back
17/18 years	Boys	50m Back
13/14 years	Girls	100m Breast
13/14 years	Boys	100m Breast
15/16 years	Girls	100m Fly
15/16 years	Boys	100m Fly
17/18 years	Girls	50m Breast
17/18 years	Boys	50m Breast

**Day 3 – Session 5**

**10am**

17/18 years	Girls	50m Free
17/18 years	Boys	50m Free
15/16 years	Girls	50m Back
15/16 years	Boys	50m Back
13/14 years	Girls	100m Free
13/14 years	Boys	100m Free
17/18 years	Girls	100m Fly
17/18 years	Boys	100m Fly
15/16 years	Girls	50m Fly
15/16 years	Boys	50m Fly

**Day 3 – Session 6**

**3pm**

17/18 years	Girls	100m Back
17/18 years	Boys	100m Back
13/14 years	Girls	50m Back
13/14 years	Boys	50m Back
15/16 years	Girls	100m Free
15/16 years	Boys	100m Free
17/18 years	Girls	100m Breast
17/18 years	Boys	100m Breast
13/14 years	Girls	50m Breast
13/14 years	Boys	50m Breast