

2009 Rockingham Short Course Winter Distance Carnival

Saturday 8 August 2009 to Sunday 9 August 2009 Challenge Stadium

- This meet is being hosted by Rockingham Swimming Club
- Warm-ups from 7:30am. Start at 9:00am
- All swimmers must be registered with Swimming WA at the close of entries.
- Age as at 1st day of competition.
- All events will be swum as a Timed Final in a ten lane 25 metre pool.
- **Age Divisions for entry will be:**
- **100m races** **8/u, 9, 10, 11, 12,13-15, 16+over**
- **200m races** **9/10, 11, 12,13-15, 16+over**
- **400m races** **11/12, 13-15, 16+over**
- **800m + 1500m** **11/12, 13-15, 16+over**
- **Medals are awarded for 1st, 2nd and 3rd places in each age group category for each event. A medal will also be awarded for the first Country swimmer in each event and age group category.**
- **A trophy will be awarded to the highest point scoring male and female in each age division. The age divisions are (8/u ,9 , 10, 11, 12, 13, 14, 15, 16+over)**
- For Clubs using Hy-Tek TM+MM , the Club will accept entries electronically to email address rockswim@inet.net.au no later than 5:00pm Wednesday 30th August 2009. Entry fees and summary sheet signed by registrar should be sent to:
- Registrar, Rockingham Swimming Club, PO Box 8203, Warnbro Fair Shopping Centre, Warnbro, WA 6169
- Enquiries to Cindy Rogers on 9527 8458 or leave message at Clubrooms on 9593 4000. Meet Coordinator is Sharon Russell on 0414 446 594.
- **Entries close 5:00pm or last mail Wednesday 30th July 2009** (no late entries accepted). Entry fee: Individual event \$5.50 Relay \$20. All payments made payable to "Rockingham Swimming Club".
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Day .1.

Saturday 9 August 2008

Event	Stroke
1	10 x 50M mixed relay (5 males, 5 females) 10/u, 11/u,13/u,15/u, Open(any age)
2	Mixed 800M – Males & Females
3	Male Open 100M Freestyle
4	Female Open 100M Freestyle
5	Male Open 200M Breaststroke
6	Female Open 200M Breaststroke

7	Male Open 100M Individual Medley
8	Female Open 100M Individual Medley
9	Male Open 200M Butterfly
10	Female Open 200M Butterfly
11	Male Open 100M Backstroke
12	Female Open 100M Backstroke
13	Male Open 400M Individual Medley
14	Female Open 400M Individual Medley

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Day .2.

Sunday 10 August 2008

Event	Stroke
15	Mixed 1500M – Males & Females
16	Male Open 200M Individual Medley
17	Female Open 200M Individual Medley
18	Male Open 100M Breaststroke
19	Female Open 100M Breaststroke
20	Male Open 200M Freestyle
21	Female Open 200M Freestyle
22	Male Open 100M Butterfly
23	Female Open 100M Butterfly
24	Male Open 200M Backstroke
25	Female Open 200M Backstroke
26	Male Open 400M Freestyle
27	Female Open 400M Freestyle

