

Central Midlands Region 3 Meet

Sunday 13th December 2009

Northam Swimming Pool

Hosted By: Northam Swimming Club

- **This meet is for Region 3 Swimmers Only**
- **WARM UP:** 8.00 am **START:** 9.00 am **MARSHALL:** 8.45 am
- All events swum as timed finals.
- **AGE** as at 13th December 2009.
- **SWIM MEET IS RUN USING ARES ELECTRONICTIMING.**
- **Senior Events** (17) means any competitor 17 years and over. Competitors under 17 years may not compete in these events.
- **CONDITIONS OF ENTRY:** There are no restrictions to the number of entries per swimmer. Please make sure you enter correct times for all events. No responsibility will be accepted for incorrect entry information.
- **ENTRIES CLOSE:** 25th November 2009. Send to: 8 Hibiscus Rise, Halls Head, WA 6210 (allow 2 days for postage). Entry fees and summary sheets must accompany entries. Please supply a contact phone number (in case entry cards need clarification).
- **ENTRY FEE:** \$3.50 per individual event, \$11.00 per Relay Team per event. Cheques to be made payable to Region 3. All entries are to be submitted on Region 3 cards which may be photocopied, please indicate male or female, entry cards may be requested by ringing Ronda Sims on (08) 9586 3232 or 0437 006 028.
- **RELAYS:** Mixed relays may be any combination of sexes but must include a least one boy or one girl. Relay nominations must be made by close of entry. **A CARD MUST BE COMPLETED FOR RELAYS.** Relay names must be **HANDED TO THE MARSHALL.**
- **AWARDS:** Medallions – Individuals and Teams 1st, 2nd and 3rd including relays.
- **EVENT 7 & 8 will be swum as is, medals will be given for both 8yrs/U and 9 yrs.**
- **OFFICIALS:** Visiting clubs are invited to provide poolside officials to assist in running the meet. Timekeeping and official duties will be allocated per ratio of swimmers per club.
- **Lunches will be on sale from the clubrooms.**
- **ENQUIRIES:** Ronda Sims (08) 9586 3232 or 0437 006 028

Event	Stroke		
1	8yrs/U 200m Mixed Free Relay	15	Boys 12yrs/U 50m Butterfly
2	10yrs/U 200m Mixed Free Relay	16	Girls 12yrs/U 50m Butterfly
3	12yrs/U 200m Mixed Free Relay	17	Boys 13yrs/U 50m Butterfly
4	14yrs/U 200m Mixed Free Relay	18	Girls 13yrs/U 50m Butterfly
5	16yrs/U 200m Mixed Free Relay	19	Boys 14yrs/U 50m Butterfly
6	Open 200m Mixed Free Relay	20	Girls 14yrs/U 50m Butterfly
7	Boys 6/7/8/9yrs 50m Butterfly	21	Boys 15yrs/U 50m Butterfly
8	Girls 6/7/8/9yrs 50m Butterfly	22	Girls 15yrs/U 50m Butterfly
9	Boys 10yrs/U 50m Butterfly	23	Boys 16yrs/U 50m Butterfly
10	Girls 10yrs/U 50m Butterfly	24	Girls 16yrs/U 50m Butterfly
11	Boys 11yrs/U 50m Butterfly	25	Mens Open 100m Butterfly
12	Girls 11yrs/U 50m Butterfly	26	Womens Open 100m Butterfly
13	Senior (17) Mens 50m Butterfly	27	Boys 6/7/8 yrs 50m Backstroke
14	Senior (17) Womens 50m Butterfly	28	Girls 6/7/8 yrs 50m Backstroke
		29	Boys 9yrs/U 50m Backstroke

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30	Girls 9yrs/U 50m Backstroke	70	Womens Open 100m Freestyle
31	Boys 10yrs/U 50m Backstroke	71	Boys 6/7/8yrs 50m Breaststroke
32	Girls 10yrs/U 50m Backstroke	72	Girls 6/7/8yrs 50m Breaststroke
33	Boys 11yrs/U 50m Backstroke	73	Boys 9yrs/U 50m Breaststroke
34	Girls 11yrs/U 50m Backstroke	74	Girls 9yrs/U 50m Breaststroke
35	Senior (17) Mens 50m Backstroke	75	Boys 10yrs/U 50m Breaststroke
36	Senior (17) Womens 50m Backstroke	76	Girls 10yrs/U 50m Breaststroke
37	Boys 12yrs/U 50m Backstroke	77	Boys 11yrs/U 50m Breaststroke
38	Girls 12yrs/U 50m Backstroke	78	Girls 11yrs/U 50m Breaststroke
39	Boys 13yrs/U 50m Backstroke	79	Senior (17) Mens 50m Breaststroke
40	Girls 13yrs/U 50m Backstroke	80	Senior (17) Womens 50m Breaststroke
41	Boys 14yrs/U 50m Backstroke	81	Boys 12yrs/U 50m Breaststroke
42	Girls 14yrs/U 50m Backstroke	82	Girls 12yrs/U 50m Breaststroke
43	Boys 15yrs/U 50m Backstroke	83	Boys 13yrs/U 50m Breaststroke
44	Girls 15yrs/U 50m Backstroke	84	Girls 13yrs/U 50m Breaststroke
45	Boys 16yrs/U 50m Backstroke	85	Boys 14yrs/U 50m Breaststroke
46	Girls 16yrs/U 50m Backstroke	86	Girls 14yrs/U 50m Breaststroke
47	Mens Open 100m Backstroke	87	Boys 15yrs/U 50m Breaststroke
48	Womens Open 100m Backstroke	88	Girls 15yrs/U 50m Breaststroke
49	Boys 6/7/8yrs 50m Freestyle	89	Boys 16yrs/U 50m Breaststroke
50	Girls 6/7/8yrs 50m Freestyle	90	Girls 16yrs/U 50m Breaststroke
51	Boys 9yrs/U 50m Freestyle	91	Mens Open 100m Breaststroke
52	Girls 9yrs/U 50m Freestyle	92	Womens Open 100m Breaststroke
53	Boys 10yrs/U 50m Freestyle	93	9yrs/U 200m Mixed Medley Relay
54	Girls 10yrs/U 50m Freestyle	94	11yrs/U 200m Mixed Medley Relay
55	Boys 11yrs/U 50m Freestyle	95	13yrs/U 200m Mixed Medley Relay
56	Girls 11yrs/U 50m Freestyle	96	15yrs/U 200m Mixed Medley Relay
57	Senior (17) Mens 50m Freestyle	97	Open/U 200m Mixed Medley Relay
58	Senior (17) Womens 50m Freestyle	98	Senior Mixed 200m Freestyle Relay
59	Boys 12yrs/U 50m Freestyle		
60	Girls 12yrs/U 50m Freestyle		
61	Boys 13yrs/U 50m Freestyle		
62	Girls 13yrs/U 50m Freestyle		
63	Boys 14yrs/U 50m Freestyle		
64	Girls 14yrs/U 50m Freestyle		
65	Boys 15yrs/U 50m Freestyle		
66	Girls 15yrs/U 50m Freestyle		
67	Boys 16yrs/U 50m Freestyle		
68	Girls 16yrs/U 50m Freestyle		
69	Mens Open 100m Freestyle		