

# SunSmart State OPEN Swimming Championships

**Wednesday 27th – Saturday 30th January 2010**

**Challenge Stadium**

**Hosted By: Swimming WA**

- Morning Session – Warm-up 7.30am, Commences 9.00am
- Evening Session – Warm-up 3.00pm, Commences 4.00pm
- All swimmers must be registered with Swimming WA by close of entries
- Open events will be swum as heats and finals
- 800 and 1500 meter events will be swum as timed finals, with the fastest heat in the evening
- All 50/100/200 meter events will have an A & B final where 20 or more swimmers compete in the Heats Sessions, a 'B' final will be conducted following the 'A' Final. There are no awards for the 'B' final regardless of times swum.
- All 400 meter events will be swum as Heats and Finals where 8 or more swimmers compete in the Heat Sessions.
- All MD events will be swum as Heats and Finals.
- **RELAYS** – ALL Relays are Timed Finals. Only the fastest 8 Relay teams in each relay event will score points.
- Only 2 (V) swimmers are permitted in the 'A' Final for individual events
- Only 1 (V) swimmer per relay team is allowed
- Entries must be submitted through clubs using Team Manager and/or Meet Manager and emailed to Swimming WA – waswim@wa.swimming.org.au. In the subject line state name of club and Meet entry. Electronic entries must be accompanied with an electronic individual entry report, displaying Proof of Time. (Please ensure the latest version of TM/MM is used). All entries must be followed up by posting of correct entry fees to Swimming WA.
- Non Australian's are to be marked with a 'V'
- **Entries close 5pm Monday 11th January 2010. No late entries will be accepted. (Please check closing dates with your club)**
- Entry Fee \$10.00 per individual event, \$20.00 per Relay Event including GST
- **Swimmers are to refer to the 2009/2010 Swimming WA State Championship LC Qualifying times at the front of the Almanac. There are no Qualifying Times for MD Swimmers.**

## DAY 1 - Wednesday 27 January 2010

| Event | Stroke                  |
|-------|-------------------------|
| 1.    | MD Womens 100 Breast    |
| 2.    | MD Mens 100 Breast      |
| 3.    | <i>Womens 200 Free</i>  |
| 4.    | <b>Mens 400 Free</b>    |
| 5.    | <i>Womens 50 Fly</i>    |
| 6.    | <b>Mens 50 Fly</b>      |
| 7.    | MD Womens 200 Free      |
| 8.    | MD Mens 200 Free        |
| 9.    | <i>Womens 50 Breast</i> |
| 10.   | <b>Mens 100 Breast</b>  |
| 11.   | <i>Womens 400 IM</i>    |
| 12.   | <b>Mens 200 Back</b>    |
| 13.   | MD Womens 50 Free       |
| 14.   | MD Mens 50 Free         |

## DAY 2 - Thursday 28 January 2010

| Event | Stroke   |
|-------|--|
| 15.   | MD Womens 50 Back  |
| 16.   | MD Mens 50 Back  |
| 17.   | <b>Mens 50 Back</b>  |
| 18.   | <i>Womens 200 Breast</i>   |
| 19.   | <b>Mens 200 Fly</b>  |
| 20.   | <i>Womens 100 Free</i>   |
| 21.   | <b>Mens 100 Free</b>   |
| 22.   | <i>Womens 50 Back</i>  |
| 23.   | MD Womens 200 IM   |
| 24.   | MD Mens 200 IM   |
| 25.   | <b>Mens 800 Free (Slowest Heat)<br/>fastest heat in evening</b>    |
| 26.   | <i>Womens 1500 Free (Slowest Heat)<br/>fastest heat in evening</i> |

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## Evening Session

| Event | Stroke                            |
|-------|-----------------------------------|
| 27.   | MD Women's 100 Fly                |
| 28.   | MD Men's 100 Fly                  |
| 29.   | <b>Men's 4x100 Medley Relay</b>   |
| 30.   | <i>Women's 4x100 Medley Relay</i> |

## DAY 3 - Friday 29 January 2010

|     |                        |
|-----|------------------------|
| 31. | MD Womens 400 Free     |
| 32. | MD Mens 400 Free       |
| 33. | <b>Mens 400 IM</b>     |
| 34. | <i>Womens 400 Free</i> |
| 35. | <b>Mens 100 Back</b>   |
| 36. | <i>Womens 100 Back</i> |
| 37. | <b>Mens 50 Breast</b>  |
| 38. | <i>Womens 100 Fly</i>  |
| 39. | MD Womens 50 Fly       |
| 40. | MD Mens 50 Fly         |
| 41. | <b>Mens 200 Free</b>   |
| 42. | <i>Womens 200 IM</i>   |

## Evening Session

|     |                                |
|-----|--------------------------------|
| 43. | <b>Mens 4x200 Free Relay</b>   |
| 44. | <i>Womens 4x200 Free Relay</i> |

## DAY 4 - Saturday 30 January 2010

|     |                                       |
|-----|---------------------------------------|
| 45. | MD Womens 100 Back                    |
| 46. | MD Mens 100 Back                      |
| 47. | <i>Womens 200 Fly</i>                 |
| 48. | <b>Mens 200IM</b>                     |
| 49. | <i>Womens 50 Free</i>                 |
| 50. | <b>Mens 50 Free</b>                   |
| 51. | <i>Womens 100 Breast</i>              |
| 52. | MD Women's 50 Breast                  |
| 53. | MD Mens 50 Breast                     |
| 54. | <b>Men's 1500 Free (Slowest Heat)</b> |
| 55. | <i>Women's 200 Back</i>               |
| 56. | <b>Men's 200 Breast</b>               |
| 57. | MD Women's 100 Free                   |
| 58. | MD Men's 100 Free                     |

59. *Womens 800 Free (Slowest Heat)*

60. **Mens 100 Fly**

## Evening Session

| Event | Stroke                         |
|-------|--------------------------------|
| 61.   | <i>Womens 4x100 Free Relay</i> |
| 62.   | <b>Mens 4x100 Free Relay</b>   |