LARA SWIMMING CLUB
ALL AGES ENCOURAGEMENT MEET
SUNDAY 26th FEBRUARY 2017

ABE & JEAN McCLELLAND POOL- (50m OUTDOOR)
Bank St, Lara, 3212. Melways: Map 222, B5
This Encouragement Meet is open to Registered and Non-Registered Swimmers.
THIS MEET BEGINS AT 9:00AM (WARM-UP FROM 8:00AM)

HANDICAP EVENTS - HEATS

GIRLS	BOYS	EVENT:		
1	2	50m	8 & Under	Any stroke
3	4	50m	9 & 10 Years	Any Stroke
5	6	50m	11 yrs	Any Stroke
7	8	50m	12 yrs	Any stroke
9	10	50m	13/14 yrs	Any Stroke

GIRLS	BOYS	EVENT:		
11	12	50m	15 to 39 yrs	Any Stroke
13	14	50m	IN YOUR 40'S	BBB
15	16	50m	IN YOUR 50's	BBB
17	18	50m	60 PLUS	BBB

CHAMPIONSHIP EVENTS

GIRLS	BOYS	EVENT:		
19		50m	SWD	Butterfly
20	21	50m	10 & Under	Butterfly
22	23	50m	11 yrs	Butterfly
24	25	50m	12 yrs	Butterfly
26	27	50m	13 & 14 yrs	Butterfly
28	29	50m	15 to 39 yrs	Butterfly
30		50m	SWD	Backstroke
31	32	50m	8 & Under	Backstroke
33	34	50m	9 & 10 yrs	Backstroke
35	36	50m	11 yrs	Backstroke
37	38	50m	12 yrs	Backstroke
39	40	50m	13 & 14 yrs	Backstroke
41	42		15 to 39 yrs	Backstroke
43		50m	7 & Under	Kickboard
44		50m	SWD	Breast
45	46	50m	8 & Under	Breast

GIRLS	BOYS	EVENT:		
47	48	50m	9 & 10 yrs	Breast
49	50	50m	11 yrs	Breast
51	52	50m	12 yrs	Breast
53	54	50m	13 & 14 yrs	Breast
55	56	50m	15 to 39 yrs	Breast
57	58	50m	IN YOUR 40'S	Freestyle
59	60	50m	IN YOUR 50's	Freestyle
61	62	50m	60 PLUS	Freestyle
63		50m	SWD	Freestyle
64	65	50m	8 & Under	Freestyle
66	67	50m	9 & 10 yrs	Freestyle
68	69	50m	11 yrs	Freestyle
70	71	50m	12 yrs	Freestyle
72	73	50m	13 & 14 yrs	Freestyle
74	75	50m	15 to 39 yrs	Freestyle

FREESTYLE RELAYS (MIXED OR SAME SEX):

	RELAY	EVENT:	
76	2x50m	Total Age: 20 & Under	Pairs Relay
77	2x50m	Total Age: 24 & Under	Pairs Relay

	RELAY	EVENT:	
78	2x50m	Total Age: 25 to 49	Pairs Relay
79	2x50m	Total Age: 50 & Over	Pairs Relay

CONDITIONS:

- All entries on the slip below.
- One start rule applies.
- Championship events are decided on a time trial basis.
- Pool Depth: 3.0m (diving) to 0.9m (finish).
- Swimmers to submit time and stroke for handicap events
- Handicap Events will be judged by the zero time method as per Swimming Australia Ltd. rules.
- Handicap Event Finals to be held between events 42 and 43
- Medals will be presented to the 1st, 2nd & 3rd place-getters in all events.
- Pairs Relays will start in the water at the shallow end
- BBB events swimmers to nominate Breast, Back or Fly
- Events may be combined or cancelled if insufficient entries are received
- Entries Close 9pm Sunday the 19th of February, 2017

Entries: **$5 per event / Pairs Relays: $8 ($4 each) Spectator Entry: $3, Swimmers Free. Programs $2**
Enquiries: **Greg Andrews** Phone: 0437 101 908 Email: laraentries@gmail.com
Lara Swimming Club website … www.laraswimmingclub.com.au.
Check the website for timelines and entry lists from 24th February.

X Please make your cheque / money order out to **Lara Swimming Club** and attach it here.

Swimmer's Name: ..... **Age as at 26th Feb:** ..... **Date of Birth:** .....

Address:..... **Phone Number:** .....

Male / Female **Swimming Club (if applicable):** .....

Event No.	Stroke	Entry Time (NT if no time available, Handicap events require an entry time)	$5 / event	Total

Event No.	Freestyle Relay	Partner's Name and age ( ):	$4 each
	Freestyle		

Please mail entries to: **"Encouragement Meet" Lara Swimming Club, P.O. Box 146, Lara, 3212**
Alternatively email form with EFT payment confirmation to laraentries@gmail.com. Please put name and "EC" in transaction details. Account Details: Lara Swimming Club BSB: 633-108 Account Number: 105409791