



6<sup>th</sup> Pennant Program - Hosted by the Corowa Swimming Club

Date of Meet: 17/2/2019

Venue: TBA

Warm Up: 9:30am

Meet Start: 10:30am

| M | Event No | F  | Age           | Distance | Stroke       |
|---|----------|----|---------------|----------|--------------|
|   | 1        | 2  | 12/Under      | 200m     | freestyle    |
|   | 3        | 4  | 13/Over       | 200m     | freestyle    |
|   | 5        | 6  | 10/Under      | 50m      | freestyle    |
|   | 7        | 8  | 11 - 13 Years | 50m      | freestyle    |
|   | 9        | 10 | 14/Over       | 50m      | freestyle    |
|   | 11 Mixed |    | SWD           | 50m      | freestyle    |
|   | 12       | 13 | 10/Under      | 100m     | butterfly    |
|   | 14       | 15 | 11 - 13 Years | 100m     | butterfly    |
|   | 16       | 17 | 14/Over       | 100m     | butterfly    |
|   | 18       | 19 | 10/Under      | 50m      | backstroke   |
|   | 20       | 21 | 11 - 13 Years | 50m      | backstroke   |
|   | 22       | 23 | 14/Over       | 50m      | backstroke   |
|   | 24 Mixed |    | SWD           | 50m      | backstroke   |
|   | 25       | 26 | 10/Under      | 100m     | breaststroke |
|   | 27       | 28 | 11 - 13 Years | 100m     | breaststroke |
|   | 29       | 30 | 14/Over       | 100m     | breaststroke |
|   | 31       | 32 | 10/Under      | 50m      | butterfly    |
|   | 33       | 34 | 11 - 13 Years | 50m      | butterfly    |
|   | 35       | 36 | 14/Over       | 50m      | butterfly    |
|   | 37 Mixed |    | SWD           | 50m      | butterfly    |
|   | 38       | 39 | 10/Under      | 100m     | freestyle    |
|   | 40       | 41 | 11 - 13 Years | 100m     | freestyle    |
|   | 42       | 43 | 14/Over       | 100m     | freestyle    |
|   | 44       | 45 | 12/Under      | 200m     | IM           |
|   | 46       | 47 | 13/Over       | 200m     | IM           |
|   | 48       | 49 | 10/Under      | 50m      | breaststroke |
|   | 50       | 51 | 11 - 13 Years | 50m      | breaststroke |
|   | 52       | 53 | 14/Over       | 50m      | breaststroke |
|   | 54 Mixed |    | SWD           | 50m      | breaststroke |
|   | 55       | 56 | 10/Under      | 100m     | backstroke   |
|   | 57       | 5  | 11 - 13 Years | 100m     | backstroke   |
|   | 59       | 60 | 14/Over       | 100m     | backstroke   |
|   | 61       | 62 | 10/U          | 4x50m    | Medley Relay |
|   | 63       | 64 | 14/U          | 4x50m    | Medley Relay |
|   | 65       | 66 | Open          | 4x50m    | Medley Relay |

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 50m free / 100m free / 200m free in the one day and receive points for each swim
- Points will be allocated to all swims – there will be no time trial events

- You may swim in 2 relays
- Can coaches /parents /race secretaries please be mindful of what swimmers are capable of swimming
- Clubs may enter 1 relay team for each event
- Age as at: 1<sup>st</sup> October, 2018 - Age groups for points are:

|         |        |         |         |         |         |         |         |         |       |         |
|---------|--------|---------|---------|---------|---------|---------|---------|---------|-------|---------|
| 8/under | 9 year | 10 year | 11 year | 12 year | 13 year | 14 year | 15 year | 16 year | 17-34 | 35/over |
|---------|--------|---------|---------|---------|---------|---------|---------|---------|-------|---------|

- Online Entries only – Entries close Friday 15/2/19 @ 8:00pm
- Swimmers can contact: [entries@omdsa.org.au](mailto:entries@omdsa.org.au) with any queries

INFORMATION FOR FAMILIES NEW TO SWIMMING

- ❖ Please wait near the marshalling table on arrival in marshalling (beside the marshalling tent) and wait for your name to be called.
- ❖ Some events have over 20 heats, so be mindful and respectful of marshalls calling for swimmers – please try and keep the noise level down whilst catching up with friends
- ❖ When marshalls call your name please reply by raising your hand and saying “yes” or “I’m here”
- ❖ Please don’t crowd around the marshalling table stand back and wait for your name to be called.
- ❖ Swimmers need to go to and remain where marshalls place them. Please try to refrain from moving once seated.
- ❖ Please let marshalls know if withdrawing from an event or from the meet..... this will assist combining events
- ❖ Please let marshalls know if you are likely to be in the water when they are marshalling your next event (for events in close succession)