



www.ballaratgco.org.au

# Ballarat GCO Long Course Swim Meet

Hosted by Ballarat GCO Swimming Club Inc.  
At the Eureka Pool, Stawell St South, Ballarat

## Sunday December 4<sup>th</sup> 2011

8:45am warm up for a 9:30am start

Boys	Girls	Mixed	
1	2		200 IM
3	4		50 Back
5	6		200 Fly
7	8		100 Free
9	10		50 Brst
11	12		200 Back
13	14		100 Fly
		15	10/u 4 x 50 Free Relay
16	17		12/u 4 x 50 Free Relay
18	19		14/u 4 x 50 Free Relay
20	21		16/u 4 x 50 Free Relay
22	23		Open 4 x 50 Free Relay
24	25		50 Free
26	27		200 Brst
28	29		100 Back
30	31		50 Fly
32	33		200 Free
34	35		100 Brst
		36	10/u 4 x 50 Medley Relay
37	38		12/u 4 x 50 Medley Relay
39	40		14/u 4 x 50 Medley Relay
41	42		16/u 4 x 50 Medley Relay
43	44		Open 4 x 50 Medley Relay
		45	400 Free/IM ( <i>must be able to swim 200 free in under 3:30</i> )

### ***This is a Proposed Qualifying Meet***

- Entries on Swim Vic. entry cards/forms or emailed TM or MM files.
  - Entries **\$ 7 per event** for individual events (includes Swimming Victoria levy).
  - \$10 per event** for the relays (includes Swimming Victoria levy).
- Events will be run on a timed final basis under the rules of S.V. Inc.
- The one start rule will apply. All swimmers must be registered with S.V. Inc.
- Age as at the date of the meet (4<sup>th</sup> December 2011.)
- **Cheques to be made payable to Ballarat GCO Swimming Club Inc.**
- **No Credit Card payments can be accepted.**
- Entries close: Friday 25th November 2011 with:
  - The Meet Coordinator**
  - Ballarat GCO Swimming Club Inc**
  - P.O. Box 1709**
  - Ballarat Mail Centre Vic 3354**
- 50m Events placed as 9/u 10/11, 12/13, 14/o
- 100m events placed as 11/u, 12/13, 14/15, 16/o
- 200m events placed as 11/u, 12/13, 14/15, 16/o
- Pool is a heated outdoor 50m pool.
- 50m events will be started from the blocks at the deep end (1.8m depth)
- Ribbons will be awarded for the relay events.
- No medals will be awarded for event 45 as this event is for qualifying times only.
- For event 45, please nominate whether you are doing 400 Free or 400IM.
- See our website for accommodation options close to the pool in the Ballarat area.

**Contact: Marcus Mroczkowski 03 5341 7665 or gcoswimclub@yahoo.com.au**