


## Helensvale SC Winter Meet Sunday, 15 August, 2010

<b>Date:</b>	<b>Sunday, 15 August, 2010</b>
<b>Time:</b>	<b>Gates Open: 7.30am. Warm-up 8.00 am for a 9.00 am start</b>
<b>Venue:</b>	<p><b>Helensvale Aquatic Centre</b> Rugby Lane, Helensvale <i>8 lane 25m pool and 17m pool for warm up &amp; warm down</i></p>  <p>There is car parking available outside the pool and down Rugby Lane.</p> <p>There is shade available for 150 people (please bring chairs) but it is recommended that clubs bring their own seats and shade as plenty of grassed area available.</p>
<b>Pool Entry Fee:</b>	<b>Spectators \$2.10, Swimmers free</b>
<b>Nomination Fee:</b>	Electronic Nominations <b>\$5.00</b> per event Manual Nominations <b>\$7.00</b> per event
<b>Nominations Close</b>	Manual: <b>Wednesday 28<sup>th</sup> July, 2010</b> Electronic: <b>Monday 2<sup>nd</sup> August, 2010</b>
<b>Age:</b>	As at 15 <sup>th</sup> August 2010
	<p><b>Please note the meet format:</b> Swimmers will be seeded from slowest to fastest across all age groups. This will mean swimmers will be racing others of a similar standard regardless of age. Placing and Awards will be presented in age groups in the 50m events only.</p> <p>Total number of swimmers will be limited to 250 to fit with time constraints. Nominations will be accepted in order of receipt.</p>



<b>Eligibility:</b>	Entry is open to any SQ 'competitive' registered swimmer. Entries from other states or international swimmers will be accepted with clearance from their state or country's swimming body.
	The minimum age for this meet is 8 years old. Qualifying times will apply for all 100 and 200Mtre events.
<b>Entries</b>	All entries <b>must be submitted through the swimmer's Club Race Secretary</b> , either through Meet or Team Manager for Windows.
<b>Events</b>	As per attached Program of Events. Heats only will be swum in each event. Heats may be combined on the day with approval of the Meet Referee.
<b>Awards</b>	<b>1st, 2nd and 3rd</b> placing will be determined & awarded to the 3 fastest OFFICIAL times swum in the 50m events in age groups from 8 years to 17years & over.
	<b>1st, 2nd and 3rd</b> placing will be determined & awarded to the 3 fastest OFFICIAL times swum in the 100m & 200m <b>OPEN</b> events
	<b>Age Champions:</b> based on results in 50m events and 100m Medley only.
<b>Rules</b>	SQ rules will apply. One start rule will apply.
<b>Results:</b>	A copy of results will be available at the close of the meet from Helensvale Swimming Club Website
	For any enquiries, please contact the Race Secretary – Jon Cook 0403 586700 Nominations should be addressed to: <b>Jon Cook, Race Secretary</b> <b>Helensvale Swimming Club</b> <b>PO Box 235 Helensvale 4212</b>  Or, <b>TM entries only</b> emailed to <a href="mailto:secretary@helensvaleswimmingclub.com">secretary@helensvaleswimmingclub.com</a> Entries sent through email must be followed with a completed print out of the nominations and full entry fees, within 3 working days.
<b>Carnival Programs</b>	Cost \$3.00 (free for coaches) and will be available at the pool entrance. In addition there will be lucky program draw.
<b>Raffle Draws</b>	Raffle tickets will be available for purchase at the pool entrance.
<b>Timekeeping:</b>	Each participating club must provide timekeepers according to the roster determined by the Meet Directors. Timekeepers will be provided with complementary refreshments.
<b>Refreshments:</b>	Helensvale Swimming Club will be operating a breakfast and lunch BBQ . The pool has a kiosk where drinks, hot drinks and pies are on sale.
<b>Time Line</b>	This will be available three days prior to the meet.




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## HELENSVALE SC WINTER MEET 2010 EVENTS

Female Event #	Male Event #	Distance	Qualifying Time	Details	Age
1	2	200m	2:35:00	FREESTYLE	Open
3	4	100m	1:45:00	INDIVIDUAL MEDLEY	
5	6	200m	2:50:00	BACKSTROKE	Open
7	8	50m		BUTTERFLY	8 & over
9	10	100m	1:25:00	FREESTYLE	Open
11	12	100m	1:35:00	BACKSTROKE	Open
13	14	50m		BREASTSTROKE	8 & over
15	16	200m	2:50:00	BUTTERFLY	Open
17	18	200m	3:20:00	BREASTSTROKE	Open
19	20	50m		BACKSTROKE	8 & over
21	22	100m	1:35:00	BUTTERFLY	Open
23	24	100m	1:50:00	BREASTSTROKE	Open
25	26	50m		FREESTYLE	8 & over
27	28	200m	3:00:00	INDIVIDUAL MEDLEY	Open
				Qualifying times will apply for all 100 and 200Mtre events.	

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