



Abbotsleigh Swimming Club

2018 Invitational Development Meet

Abbotsleigh Aquatic Centre, Gate 1A, Ada Avenue, Wahroonga

Sunday 5 August 2018

Warm up from 9 am for 10 am start			
Girls	Boys	Age	Event
1	2	12/U	4 x 50m FS Relay
3 (mixed)		8/U	4 x 25m FS Relay
5	6	12/U	100m Freestyle
7	8	7/U	25m Backstroke
9	10	8/U	50m Backstroke
11	12	9 / 10	50m Backstroke
13	14	11 / 12	50m Backstroke
15	16	7/U	25m Breaststroke
17	18	8/U	50m Breaststroke
19	20	9 / 10	50m Breaststroke
21	22	11 / 12	50m Breaststroke
23	24	12/U	4 x 50m Medley Relay
25	26	7/U	25m Kickboard
27	28	12/U	100m IM
29 (mixed)		All Age & Coach	6 x 50m FS Relay Abbotsleigh Golden Flipper
Event 29 Rule: 1 x 8yr, 1 x 9yr, 1 x 10yr, 1 x 11yr, 1 x 12yr. Relay order from youngest to oldest. Must be mixed gender with a maximum of 3 males in each team. The coach must be the last swimmer.			
31	32	8/U	25m Butterfly
33	34	8/U	50m Butterfly
35	36	9 / 10	50m Butterfly
37	38	11 / 12	50m Butterfly
39	40	7/U	25m Freestyle
41	42	8/U	50m Freestyle
43	44	9 / 10	50m Freestyle
45	46	11 / 12	50m Freestyle

POOL

- 25m Competition pool
- Seating at the Aquatic Centre is limited. No chairs will be permitted inside the Aquatic Centre
- Clubs will be allocated a lane(s) to provide time keepers for the duration of the meet

AWARDS

- Medals will be awarded to 1st, 2nd & 3rd placegetters in all individual events and to each age in double age group events
- Ribbons will be awarded to 1st, 2nd & 3rd placegetters in all relay events.
- Spot prizes will be given out during the meet

ENTRIES

Individuals:

\$7 per individual event

Age as at 5 August 2018

Enter online and pay at abbotsleighswimclub.org.au/meet

Meet entries: Limited to 1,000

Club Relays:

Relay events, including the Golden Flipper are FREE

Relay teams can be entered online or on the day.

Coaches/Race Secretaries need to ensure their relay teams are submitted to the Meet Director prior to the completion of warm up.

Each relay event will have only one heat.

CLOSING DATE

Friday 27 July 2018 at 11.59 pm or when the entry limit is reached

Late entries may be accepted and will incur an additional late entry fee of \$5 per swimmer.

RULES

- Meet conducted under the rules of Swimming NSW and is an Area approved Meet
- Swimmers who compete in the 25m event of a stroke cannot compete in the 50m or 100m event of the same stroke
- Swimming cap must be worn at all times when swimming

MEET DIRECTORS

- Director reserves the right to amend the program and conditions of entry
- Enquiries: Joanne Cox
abbswimclub@gmail.com

ADMISSION

- Aquatic Centre Admission - \$5 per adult with 1 raffle ticket included
- Each participating swimmer will receive a gift
- **Coaches - Free entry with BBQ & Drink voucher**

PARKING

- There is onsite parking available, enter from Ada Avenue

FOOD & DRINKS

- Coffee Van
- BBQ
- Cake Stall
- Cold Drinks