



## Ovens & Murray District Swimming Association

www.omdsa.org.au

1<sup>st</sup> Pennant Program - Hosted by the Albury North/Lavington Swim Club

Date of Meet: 12/11/2017 Venue: Lavington Swim Centre

Warm Up: 9:30am Meet Start: 10:30am

M	Event No	F	Age	Distance	Stroke
1	2		All Age	200m	freestyle
3	4		All Age	50m	freestyle
	5 Mixed		SWD	50m	freestyle
6	7		All Age	100m	butterfly
8	9		All Age	50m	backstroke
	10 Mixed		SWD	50m	backstroke
11	12		All Age	100m	breaststroke
13	14		All Age	200m	Backstroke
15	16		All Age	50m	butterfly
	17 Mixed		SWD	50m	butterfly
18	19		All Age	100m	freestyle
20	21		All age	200m	IM
22	23		All Age	50m	breaststroke
	24 Mixed		SWD	50m	breaststroke
25	26		All Age	100m	backstroke
27	28		All Age	200m	breaststroke
	29 Mixed		12/-	4x50m	back/free relay
	30 Mixed		13/+	4x50m	back/free relay
	31 Mixed		Open	8x50m	freestyle relay

- Swimmers may swim in a maximum of 5 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 one age relay plus one open age relay \*\*\* Back free relay swum in order of back/free/back free
- Can coaches /parents /race secretaries please be mindful of what swimmers are capable of swimming
- All clubs will need to provide a team manager(s) to assist younger swimmers and to assist their teams for relays
- Clubs may enter multiple relay teams (pending lane availability) however points will only be allocated to one team per club per event. Any additional teams must be flagged as exhibition
- Age as at: 1<sup>st</sup> October, 2017 - 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
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- TM Entries to come from club race secretary only – Entries close Friday 10/11/17 @ 8:00pm
- Please Email: [entries@omdsa.org.au](mailto:entries@omdsa.org.au) club race secretaries can contact: [entries@omdsa.org.au](mailto:entries@omdsa.org.au) with any queries
- Swimmers to follow their clubs entry deadline – if unsure please speak to your clubs race secretary
- All relays are mixed and can be made up of any number of males/females - please try to mix it up & keep it fair ☺

### 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)