



Conducted under the rules of Swimming Australia and Swimming Victoria  
1st Southern Pennant - Hosted by Corryong Swimming Club

Date of Meet: 1st December 2024 Venue: Corryong Pool

Warm Up: 10:00am Meet Start: 11:00am

Entries close Thursday 28th November 2024 at 8:00pm via Team Manager

M	F	Age	Distance	Stroke
1/2/3		All Age	198m	BBB (Choice of Back/Breast/Butterfly)
<b>4</b>		<b>10/Under</b>	<b>33m</b>	<b>Backstroke - aided</b>
5	6	All Age	33m	Backstroke
7	8	All Age	66m	Backstroke
9	10	All Age	99m	Backstroke
11	12	All Age	198m	Freestyle
13	14	All Age	396m	Freestyle
<b>15</b>		<b>10/Under</b>	<b>33m</b>	<b>Breaststroke - aided</b>
16	17	All Age	33m	Breaststroke
18	19	All Age	66m	Breaststroke
20	21	All Age	99m	Breaststroke
22	23	All Age	132m	Individual Medley
24	25	All Age	264m	Individual Medley
26	27	8/Under	4 x 33m	Back/Free Relay
28	29	10/Under	4 x 33m	Medley Relay
30	31	12/Under	4 x 33m	Medley Relay
32	33	14/Under	4 x 66m	Medley Relay
34	35	16/under	4 x 66m	Medley Relay
36	37	Open	4 x 66m	Medley Relay
<b>38</b>		<b>10/Under</b>	<b>33m</b>	<b>Butterfly - aided</b>
39	40	All Age	33m	Butterfly
41	42	All Age	66m	Butterfly
43	45	All Age	99m	Butterfly
<b>45</b>		<b>10/Under</b>	<b>33m</b>	<b>Freestyle - aided</b>
46	47	All Age	33m	Freestyle
48	49	All Age	66m	Freestyle
50	51	All Age	99m	Freestyle
52	53	8/Under	4 x 33m	Freestyle Relay
54	55	10/Under	4 x 33m	Freestyle Relay
56	57	12/Under	4 x 33m	Freestyle Relay
58	59	14/Under	4 x 66m	Freestyle Relay
60	61	16/Under	4 x 66m	Freestyle Relay
62	63	Open	4 x 66m	Freestyle Relay

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 25m free/50m free / 100m free / 200m free in the one day and receive points for each swim
- You may swim in 2 relays
- Can Coaches/parents/race secretaries please be mindful of what swimmers are capable of swimming.
- Aided** events have been introduced to encourage swimmers to have a go. Swimmers may use a kickboard, or noodle to assist them whilst swimming. **Swimmers are NOT to wear flippers.** These events are non scoring (no points awarded).
- Age as at: 1st October 2024 - Points awarded to the following Age Groups.  
8 & under/ 9 years/ 10 years/ 11 years/ 12 years/ 13 years/ 14 years/ 15 years/ 16 years/ 17 - 34, and 35 & over.
- Team Manager** entries to be submitted by 8:00pm, Thursday 28th November by email to [entries.omdsa@gmail.com](mailto:entries.omdsa@gmail.com)
- For all enquiries please contact:** [entries.omdsa@gmail.com](mailto:entries.omdsa@gmail.com)