



Conducted under the rules of Swimming Australia and Swimming Victoria

6th Southern Pennant - Hosted by Rutherglen Swimming Club

Date of Meet: 2nd February 2025 Venue: Rutherglen

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

Entries close Thursday 30th January 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>Breaststroke - aided</b>
5	6	All Age	33m	Breaststroke
7	8	All Age	66m	Breaststroke
9	10	All Age	99m	Breaststroke
<b>11</b>		<b>10/Under</b>	<b>33m</b>	<b>Butterfly - aided</b>
12	13	All Age	33m	Butterfly
14	15	All Age	66m	Butterfly
16	17	All Age	99m	Butterfly
18	19	All Age	132m	Individual Medley
20	21	8/Under	4 x 33m	Back/Free Relay
22	23	10/Under	4 x 33m	Medley Relay
24	25	12/Under	4 x 33m	Medley Relay
26	27	14/Under	4 x 66m	Medley Relay
28	29	16/under	4 x 66m	Medley Relay
30	31	All Age	4 x 66m	Medley Relay
<b>32</b>		<b>10/Under</b>	<b>33m</b>	<b>Backstroke - aided</b>
33	34	All Age	33m	Backstroke
35	36	All Age	66m	Backstroke
37	38	All Age	99m	Backstroke
39	40	All Age	198m	Freestyle
41		All Age	396m	Freestyle
<b>42</b>		<b>10/Under</b>	<b>33m</b>	<b>Freestyle - aided</b>
43	44	All Age	33m	Freestyle
45	46	All Age	66m	Freestyle
47	48	All Age	99m	Freestyle
49	50	8/Under	4 x 33m	Freestyle Relay
51	52	10/Under	4 x 33m	Freestyle Relay
53	54	12/Under	4 x 33m	Freestyle Relay
55	56	14/Under	4 x 66m	Freestyle Relay
57	58	16/Under	4 x 66m	Freestyle Relay
59	60	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 30th January 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)