



TRARALGON SWIMMING CLUB INC PRESENTS
4th Annual LA TROBE CITY CUP
Morwell LEISURE CENTRE
McDonald St Morwell
25m Indoor Pool
Sunday 25th July 2010



Start 9.30am Warm-up Commences at 8:30am

GIRLS

1. WOMEN'S OPEN 100M FREE
3. 8 YEARS & UNDER 25M BACK
5. 11//12 YEARS 50M BACK
7. 15/16 YEARS 50M BACK
9. 17 YEARS & OVER 50M BACK
11. 10 YEARS & Under 50M BACK
13. 13/14 YEARS 50M BACK
15. WOMEN'S OPEN 100M FLY
17. 8 YEARS & UNDER 25M FREE
19. 11/12 YEARS 50M BREAST
21. 15/16 YEARS 50M BREAST
23. 17 YEARS & OVER 50M BREAST
25. 13/14 YEARS 50M BREAST
27. 10 Years & Under 50M BREAST
29. WOMEN'S OPEN 100M IM
31. WOMEN'S OPEN 200M BREAST*
33. WOMEN'S OPEN 200M FLY*
35. 14 YEARS & UNDER 4 X 50M FR/RELAY
37. WOMEN'S OPEN 4 X 50M FR/RELAY
39. 10 YEARS & UNDER 4 X 50M FR/RELAY

LUNCH BREAK

41. WOMEN'S OPEN 100M BACK
43. 9 YEARS & UNDER 50M FREE
45. 12/13 YEARS 50M FREE
47. 14/15 YEARS 50M FREE
49. 16 YEARS & OVER 50M FREE
51. 10/11 YEARS 50M FREE
53. 8 YEARS & UNDER 25M BREAST
55. WOMEN'S OPEN 100M BREAST
57. WOMEN'S OPEN 200M BACK*
59. WOMEN'S OPEN 200M FREE*
61. 12/13 YEARS 50M FLY
63. 14/15 YEARS 50M FLY
65. 16 YEARS & OVER 50M FLY
67. 11 YEARS & Under 50M FLY
69. 8/9 YEARS 25M FLY
71. WOMEN'S OPEN 200M IM
73. WOMEN'S OPEN 4 X 50M MED/RELAY

BOYS

2. MEN'S OPEN 100M FREE
4. 8 YEARS & UNDER 25M BACK
6. 11//12 YEARS 50M BACK
8. 15/16 YEARS 50M BACK
10. 17 YEARS & OVER 50M BACK
12. 10 YEARS & Under 50M BACK
14. 13/14 YEARS 50M BACK
16. MEN'S OPEN 100M FLY
18. 8 YEARS & UNDER 25M FREE
20. 11/12 YEARS 50M BREAST
22. 15/16 YEARS 50M BREAST
24. 17 YEARS/OVER 50M BREAST
26. 13/14 YEARS 50M BREAST
28. 10 Years & Under 50M BREAST
30. MEN'S OPEN 100M IM
32. MEN'S OPEN 200M BREAST*
34. MEN'S OPEN 200M FLY*
36. 14 YEARS & UNDER 4 X 50M FR/RELAY
38. MENS OPEN 4 X 50M FR/RELAY
40. 10 YEARS & UNDER 4 X 50M FR/RELAY

42. MEN'S OPEN 100M BACK
44. 9 YEARS & UNDER 50M FREE
46. 12/13 YEARS 50M FREE
48. 14/15 YEARS 50M FREE
50. 16 YEARS & OVER 50M FREE
52. 10/11 YEARS 50M FREE
54. 8 YEARS & UNDR 25M BREAST
56. MENS OPEN 100M BREAST
58. MEN'S OPEN 200M BACK*
60. MEN'S OPEN 200M FREE*
62. 12/13 YEARS 50M FLY
64. 14/15 YEARS 50M FLY
66. 16 YEARS & OVER 50M FLY
68. 11YEARS & Under 50M FLY
70. 8/9 YEARS 25M FLY
72. MEN'S OPEN 200M IM
74. MEN'S OPEN 4 X 50M MED/RELAY

- Entry is restricted to registered swimmers. Age as at day of the meet
- **Only Electronic Online entries or MM/TM files will be accepted.** Email TM/MM file to tscswim@traralgonswimming.org.au
- **On line entries at** https://www.clubsonline.com.au/swimregform/index.cfm?fuseaction=display_meet_summary&MeetID=8437&OrgID=2411&dis21182220100520-20100520211822
- Entries close – **Friday 16th July 2010.** Phone, fax and email entries will not be accepted.
- Entries must be accompanied with the appropriate entry fee of \$8.00 per individual event and \$10.00 per relay event. Admission for spectators is free.
- Event 41 Women's Open 100m Backstroke awarded "Kathleen Froud Memorial Trophy"
- Event 42 Men's Open 100m Backstroke awarded "Charles Ford Memorial Trophy"
- Ribbons to third place for all events
- Age group medals for 8 & under, 9, 10, 11, 12, 13, 14, 15, 16, 17 & over based on aggregate score in age events only
- Swimmers may choose only one event from 31-34 and 57-60
- La Trobe Financial Cup Awarded to top Scoring Team
- The meet will be conducted under the rules of S.V. and A.S.I. One start rule applies
- All enquiries to The Meet Director, Jane Mitchell. Contact tscswim@traralgonswimming.org.au **Individual Entries: \$8.00 (Inc SVI levy) Relay Entries: \$10.00**
- A fully stocked canteen will be available
- **BYO Chairs**
- Programs to be downloaded from www.traralgonswimming.org.au by Friday July 23

Sponsored by La Trobe Financial