



**Metropolitan District South Inc.**  
**District Championships and Long Course Qualifying Meet**  
**A Chance to Qualify for State or Nationals**  
 Sunday 28th February, 2010 MSAC **OUTDOOR POOL**  
 Pool entry 8.00am – Meet starts 9:00am  
**PROGRAM OF EVENTS**

Male				Female
Event #	Qualifying Time	Event Description	Qualifying Time	Event #
1	6:00.00	Open 400 Free	6:20.00	2
3	4:00.00	Open 200 IM	4:00.00	4
5	-	10/U 100 Fly	-	6
7	-	11/12 100 Fly	-	8
9	-	13/14 100 Fly	-	10
11	-	15/16 100 Fly	-	12
13	-	17/O 100 Fly	-	14
15	3:30.00	Open 200 Back	3:30.00	16
17	-	10/U 100 Breast	-	18
19	-	11/12 100 Breast	-	20
21	-	13/14 100 Breast	-	22
23	-	15/16 100 Breast	-	24
25	-	17/O 100 Breast	-	26
27	37.50	Open 50 Free	37.50	28
29	6:15.00	Open 400 IM	6:30.00	30
31	3:30.00	Open 200 Free	3:30.00	32
33	-	10/U 100 Back	-	34
35	-	11/12 100 Back	-	36
37	-	13/14 100 Back	-	38
39	-	15/16 100 Back	-	40
41	-	17/O 100 Back	-	42
43	4:00.00	Open 200 Breast	4:00.00	44
45	-	10/U 100 Free	-	46
47	-	11/12 100 Free	-	48
49	-	13/14 100 Free	-	50
51	-	15/16 100 Free	-	52
53	-	17/O 100 Free	-	54
55	4:00.00	Open 200 Fly	4:00.00	56
57	400m under 6min	Mixed Open 800 Free	400m under 6min	57
58	400m under 6min	Mixed Open 1500 Free	400m under 6min	58

1. WE WILL APPLY FOR THIS MEET TO BE APPROVED AS A "QUALIFYING MEET".
2. Entries are only open to registered members of Swimming Victoria, or equivalent interstate body.
3. This event will be conducted under the rules of Swimming Victoria Inc and Australian Swimming Inc.
4. All events will be swum on a time trial basis. Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> **DISTRICT** swimmers only
5. Swimmers can only enter their own age group – Age is at 28th February, 2010
6. Entries will be limited to 1600. A break will be scheduled during the meet – please check timeline that will be available on Metro South website <http://www.vicnet.net.au/~metrosth> - **Programs will also be available for download prior to event.**
7. Entry fee \$10 per event; Entry on SV or MDS Entry Form. Entry includes \$1 SV levy for approved meets. Please make cheques payable to Metropolitan District South – **NO CREDIT CARD PAYMENTS**
8. Entries **close Wednesday 17th February, 2010. NO LATE ENTRIES**
9. Pool entry FREE
10. The District reserves the right to cancel or alter any event. Events 57 and 58 may be ran as male/female if required for National times and will be restricted to one male heat and one female heat for each.
11. Enquiries to Michele Hardy 0408 363 540 or email: [mhardy62@gmail.com](mailto:mhardy62@gmail.com)
12. **IMPORTANT:** A time **MUST** be submitted for events with qualifying times (open events) No times (NT) or times outside the qualifying time will not be accepted. We will not follow up nor refund incorrect entries. Please be careful.

Post entries to: Metropolitan District South  
 Swim Meet Co-ordinator  
 P.O. Box. 5851,  
 Cranbourne, Victoria 3977