



Club Night

You are invited to attend the MH²O Swimming Club's Club Night and rehearsal for our Annual Club Championships. Come and join in the fun and race in a relaxed, social setting.

The evening will follow the Pentathlon format that was a great success last year. We view this as an important stepping stone for swimmers to develop the confidence to race and for ALL swimmers to endeavour to put into practice many of the skills being developed in training. We will be encouraging swimmers particularly novices to adhere to the rules of racing, but we will not be disqualifying anyone.

When: **Friday May 14th**

Where: Lauriston Girls' School Mercer Road Armadale

Time: 4.00pm Warm up

4.30pm Races begin

6.30pm Finish and pack up

Enter By: Wednesday May 12th to anita.h2o@hotmail.com

Or phone the office on 9572 3005

Events: Swimmers compete in all 5 events for their age group. Where numbers are small we may form composite races of boys and girls.

Cost: Entry will be free as it is instead of training. Those who don't usually train on Friday are encouraged to still attend.

Swimmers are grouped according to age and ribbons will be awarded to first, second and third places in each event for both 9 and under, and 11 and under age groups. Girls and boys will swim separately wherever possible.

Events are:

	Event	Stroke	Age
1	25m	Butterfly	9 + under
2	50m	Butterfly	11 + under
3	50m	Butterfly	13+ under
4	50m	Butterfly	15 + under
5	50m	Butterfly	Open
6	50m	Backstroke	9 + under
7	50m	Backstroke	11 + under
8	50m	Backstroke	13 + under
9	50m	Backstroke	15 + under
10	50m	Backstroke	Open
11	50m	Breaststroke	9+ under
12	50m	Breaststroke	11+ under
13	50m	Breaststroke	13+ under
14	50m	Breaststroke	15+ under
15	50m	Breaststroke	Open
16	50m	Freestyle	9 + under
17	50m	Freestyle	11+ under
18	50m	Freestyle	13 + under
19	50m	Freestyle	15 + under
20	50m	Freestyle	Open
21	100m	Medley	9 + under
22	100m	Medley	11 + under
23	100m	Medley	13 + under
24	100m	Medley	15 + under
25	100m	Medley	Open

Enter on SV entry form. Fax to 9572 3006

or email anita.h2o@hotmail.com

OR by mail to PO Box 47 Darling South 3145

By Wednesday 12th May.

NO LATE ENTRIES WILL BE ACCEPTED.