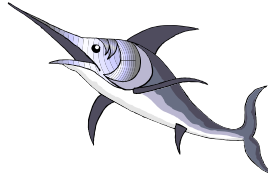


SOUTHLAND INTERCLUB RIBBON DAY

HOSTED BY

COLLEGIATE SWIMMING CLUB



**SOUTHLAND AQUATIC CENTRE – SPLASH PALACE
SUNDAY 21 March 2010, WARM UP 11:30AM START 12PM**

Event	1	Mixed 9-14yr	50m Breaststroke
Event	2	Mixed 8 & u	25m Breaststroke
Event	3	Mixed	25m Breaststroke Non Competitive
Event	4	Mixed	50m Breaststroke Non Competitive
Event	5	Mixed 9-14yr	50m Backstroke
Event	6	Mixed 8 & u	25m Backstroke
Event	7	Mixed	25m Backstroke Non Competitive
Event	8	Mixed	50m Backstroke Non Competitive
Event	9	Mixed 10 and under	4 x 25m Medley Relay
Event	10	Mixed 11 & over	4 x 25m Medley Relay
Event	11	Mixed 9 -14yr	50m Butterfly
Event	12	Mixed 8 & u	25m Butterfly
Event	13	Mixed 9-14yr	50m Freestyle
Event	14	Mixed 8 & u	25m Freestyle
Event	15	Mixed	25m Freestyle Non Competitive
Event	16	Mixed	50m Freestyle Non Competitive
Event	17	Mixed	100m Medley
Event	18	Mixed 10 & Under	4 x 25m Freestyle Relay
Event	19	Mixed 11 & Over	4 x 25m Freestyle Relay

The Collegiate Swimming Club would like to invite all Southland regional affiliated clubs and their affiliated swimmers to attend the Collegiate Interclub Ribbon Day

CONDITIONS OF ENTRY:

- ❑ Open to Swimming Southland affiliated members
- ❑ Swimmers may not enter in both competitive and non competitive events
- ❑ Results for competitive swimmers events will be scored as male and female in the following age groupings
 - 7 & under
 - 8 years
 - 9 years
 - 10 years
 - 11 years
 - 12 to 14 years
- ❑ Open to all swimmers 9 years and under unless they have more than one 10 & 11yrs times (see table below for times).
- ❑ Open to swimmers of 10, 11, 12, 13 and 14yrs who do not have more than two times equal to or faster than the times as follows:

	Male & Female 10 & 11 years	Male & Female 12, 13 & 14 years
50m Freestyle	39.00	36.00
50m Backstroke	44.00	42.00
50m Breaststroke	49.00	46.00
50m Butterfly	47.00	42.00

Note: Entry times will be checked against the Swimming Southland Database.

- ❑ Clubs please ensure when a swimmer is entering an event for the first time that he/she is competent over the distance (i.e. able to swim the stroke according to the rules of stroke – refer FINA Rule Book or the Swimming Southland Hand Book
- ❑ Relays – Teams are to be mixed and comprise of four swimmers. Swimmers can be competitive or non competitive.

❑ Sashes will be presented to the first three place getters in each event and ribbons to 4th to 8th place getters. This includes relays

Presentations will take place at the end of the meet for all events.

ENTRY FEE: \$3.00 per event per swimmer Relays: \$4 per team
(An account will be sent to clubs.)

ENTRIES CLOSE: Thursday 11th March 2010 with: **David Prattley**
Ph 03 2088414
Email: admin@swimsouthland.org.nz