

MID NORTH SPRINTS

PARTICIPATION (ENDORSED)

Contact

Jo Pilgrim

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Event Information

Sunday, 9 February 2020

The Valleys Lifestyle Centre | 180 Main North Road, Clare SA 5453

Short Course Pool (25m)

Gates Open: 8:00am Warm Up: 8:30am Start Time: 9:30am

Event Nomination Fees: Individual \$3.50 | Relay \$5.00

Pool Entry: Swimmers Free | Spectators \$3.00

Free Entry: ASCTA Accredited Coaches | Working Technical Officials

Awards & Recognition

Medals for 1st, 2nd & 3rd swimmer in each event

Entry Information

Closing Date: Saturday, 1 February 2020 at 5:00pm

Entry Method: Entries via SWIM CENTRAL

Website: clare.swimming.org.au

White Cards for all handicap events. Post to PO Box 130, Clare SA 5453

All events are scratch events unless otherwise listed with awards for 1st, 2nd & 3rd

Male and Female in all scratch events

Age Groups: 10&U | 11 – 12 | 13 – 14 | 15 – 16 | 17 – 29 | 30&O

Swimmers to only enter one of 191, 192, 193, or 201, 202, 203, or 211, 212, 213 or 221, 222, 223.

Time limit applies for Event 1 – 7:30.00 and Event 45 – 4:30.00

No tent pegs allowed due to sprinkler system

Visiting clubs will be required to assist with Time Keeping

2019-2020 Mid North Sprints 2020 - 09-Feb-20

Event List-By Event Number

1	Mixed 200 Freestyle
2	Mixed 100 Freestyle HCP Relay
3	Mixed 10 & Under 25 Freestyle
4	Mixed 11-16 25 Freestyle
5	Mixed 17 & Over 25 Freestyle
6	Mixed 100 Breaststroke
9	Mixed 100 IM
10	Mixed 10 & Under 25 Backstroke
11	Mixed 11-16 25 Backstroke
12	Mixed 17 & Over 25 Backstroke
13	Mixed 100 Medley HCP Relay
14	Mixed 100 Freestyle
15	Mixed 10 & Under 25 Breaststroke
16	Mixed 11-16 25 Breaststroke
17	Mixed 17 & Over 25 Breaststroke
18	Mixed 12 & Under 25 Freestyle HCP
19	Mixed 13 & Over 25 Freestyle HCP
20	Mixed 10 & Under 25 Butterfly
21	Mixed 11-16 25 Butterfly
22	Mixed 17 & Over 25 Butterfly
23	Men 50 Freestyle Dash for cash
24	Women 50 Freestyle Dash for cash
71	Mixed 12 & Under 25 Backstroke HCP
72	Mixed 12 & Under 25 Breaststroke HCP
73	Mixed 12 & Under 25 Butterfly HCP
81	Mixed 13 & Over 25 Backstroke HCP
82	Mixed 13 & Over 25 Breaststroke HCP
83	Mixed 13 & Over 25 Butterfly HCP