

UPPER NORTH DISTRICT OPEN

PARTICIPATION (INTERCLUB)

Contact

Brenton Hombsch 0408 774 995 | uppernorthswimdistrict@outlook.com

Event Information

Saturday – Sunday, 23 – 24 November 2019

Crystal Brook Swimming Pool | Mais Terrace, Crystal Brook SA 5523

Short Course Pool (25m)

Session 1 (SAT): Gates Open: 2:00pm Warm Up: 2:30pm Start Time: 3:30pm

Session 2 (SUN): Gates Open: 8:00am Warm Up: 8:30am Start Time: 9:30am

Event Nomination Fees: Individual \$3.00 | Relay \$5.00

Pool Entry: Swimmers Free

Free Entry: ASCTA Accredited Coaches | Working Technical Officials

Awards & Recognition

Handicap Races 1st, 2nd & 3rd Relays 1st, 2nd & 3rd

Male and Female in each of:

25m Scratch: 8&U | 9 – 10 | 11 – 12 | 13 – 14 | 15 – 16 | 17 – 29
| 30&O

50 & 100m Scratch: 10&U | 11 – 12 | 13 – 14 | 15 – 16 | 17 – 29 | 30&O

200m Scratch: 12&U | 13&O

Entry Information

Closing Date: Saturday, 9 November 2019 at 5:00pm

Entry Method: Entries via SWIM CENTRAL

Website: crystalbrook.swimming.org.au

Handicap – Online entry and white cards with cards being accepted up to 30mins before start time (**Late cards may not be accepted**)

Swimmers can only enter 2x200m Scratch events and 2x100m Scratch events

Dash for Prize – Fastest 50m Freestyle male and female in age group invited to compete in handicap event

2019-2020 Upper North District Open - 23-Nov-19 to 24-Nov-19

Event List-By Event Number

1	Mixed 200 Freestyle
2	Mixed 100 Backstroke
3	Mixed 50 Butterfly
4	Mixed 25 FREE HANDICAP
5	Mixed 200 Butterfly
6	Mixed 100 Breaststroke
7	Mixed 50 Freestyle
8	Mixed 12 & Under 200 IM
9	Mixed 13 & Over 200 IM
10	Mixed 25 BRST HANDICAP
11	Mixed 10 & Under 200 Medley Relay
12	Mixed 11-14 200 Medley Relay
13	Mixed 15 & Over 200 Medley Relay
14	Mixed 200 Backstroke
15	Mixed 100 Freestyle
16	Mixed 50 Breaststroke
17	Mixed 25 BACK HANDICAP
18	Mixed 200 Breaststroke
19	Mixed 100 Butterfly
20	Mixed 50 Backstroke
21	Mixed 25 FLY HANDICAP
22	Mixed 10 & Under 200 Freestyle Relay
23	Mixed 11-14 200 Freestyle Relay
24	Mixed 15 & Over 200 Freestyle Relay
25	Mixed 25 Butterfly
26	Mixed 25 Breaststroke
27	Mixed 12 & Under 100 Ind. Medley HANDICAP
28	Mixed 13 & Over 100 Ind. Medley HANDICAP
29	Mixed 100 Free HANDICAP Relay
30	Mixed 25 Backstroke
31	Mixed 25 Freestyle