

XSTRATA
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LOCAL
WORKFORCE AT
BOWEN COKE

BOWEN SWIMMING CLUB INC

FAMILY SWIM MEET & DASH FOR CASH

Bowen Packaging
(Bow Pak)
George Street
Proud sponsors of
Bowen Swimming Club

Designated Qualifying Meet

SATURDAY 29th November 2009
Gates Open 11am - Start 12 noon

SUNDAY 30th November 2008
Warm Up 8am - Start 9am

MEN	WOMEN	AGE	GRADE	DIST/STROKE
5	6	10&U	A&B	200 IM
7	8	11	A&B	200 IM
9	10	12	A&B	200 IM
11	12	8&U	A&B	50 FREE
13	14	9	A&B	50 FREE
15	16	10	A&B	100 FREE
17	18	11	A&B	100 FREE
19	20	12	A&B	100 FREE
21	22	13	A&B	100 FREE
23	24	14	A&B	100 FREE
25	26	15&O	A&B	100 FREE
27	28	DISABLED		50 FREE
33	34	8&U	A&B	50 BREAST
35	36	9	A&B	50 BREAST
37	38	10	A&B	100 BREAST
39	40	11	A&B	100 BREAST
41	42	12	A&B	100 BREAST
43	44	13	A&B	100 BREAST
45	46	14	A&B	100 BREAST
47	48	15&O	A&B	100 BREAST
49	50	DISABLED		50 BREAST

MEN	WOMEN	AGE	GRADE	DIST/STROKE
55	56	13	A&B	200 IM
57	58	14	A&B	200 IM
59	60	15&O	A&B	200 IM
61	62	8&U	A&B	50 BACK
63	64	9	A&B	50 BACK
65	66	10	A&B	100 BACK
67	68	11	A&B	100 BACK
69	70	12	A&B	100 BACK
71	72	13	A&B	100 BACK
73	74	14	A&B	100 BACK
75	76	15&O	A&B	100 BACK
77	78	DISABLED		50 BACK
83	84	8&U	A&B	50 FLY
85	86	9	A&B	50 FLY
87	88	10	A&B	100 FLY
89	90	11	A&B	100 FLY
91	92	12	A&B	100 FLY
93	94	13	A&B	100 FLY
95	96	14	A&B	100 FLY
97	98	15&O	A&B	100 FLY
99	100	DISABLED		50 FLY

\$\$\$\$\$ 1000

Programs \$10.00 per Family
Includes entry & Lucky Door
Prize

\$\$\$\$\$1000

DASH FOR CASH

DASH FOR CASH

MEN	WOMEN	AGE	DIST/ST	Q.TIME	PRIZE
1	2	12&U	50 FREE	37SECS	\$20, \$10, \$5
3	4	OPEN	50 FREE	33SECS	\$60, \$30, \$10
29	30	12&U	50 BRST	50SECS	\$20, \$10, \$5
31	32	OPEN	50 BRST	44SECS	\$60, \$30, \$10

MEN	WOMEN	AGE	DIST/ST	Q.TIME	PRIZE
51	52	12&U	50BACK	45SECS	\$20, \$10, \$5
53	54	OPEN	50BACK	39SECS	\$60, \$30, \$10
79	80	12&U	50FLY	45SECS	\$20, \$10, \$5
81	82	OPEN	50FLY	37SECS	\$60, \$30, \$10

FOOD & DRINKS AVAILABLE ALL WEEKEND
BREAKFAST AVAILABLE FROM 7.30AM SUNDAY

CONDITIONS

- Competitors must be registered with QSA and be members of an affiliated club.
- Races will be conducted under the laws of the Amateur Swimming Union of Australia with the permission of QSA.
- All entries must be submitted by Club Secretaries on prescribed nomination forms in electronic format by email to leahmcdonnell@hotmail.com and then followed by a hard copy to Bowen Swimming Club, PO Box 25, Bowen Qld 4805.
- PAYMENT MUST BE SENT PRIOR TO SWIM MEET WITH NOMINATION FORMS TO:** Bowen Swimming Club, PO Box 25, Bowen Qld 4805.
- All entries must show date of birth and best time for the 2008/2009 season. **Entries without times will be seeded in B Grade division but will be ineligible for upgrades.** Entry times faster than graduating times will be seeded in A Grade Division. Club Secretaries will be held responsible for the accuracy of this information.
- Ages will be calculated at the first day of the carnival. Swimming up is not permitted.
- Nomination fees of \$4.00 per event must accompany entries. Late nominations will not be accepted.**
- Referee has the power to control events at his discretion.
- Events will be conducted provided there is one entry or after scratching, one competitor is willing to swim.
- Individual Medley races consist of equal distances in Butterfly, Backstroke, Breaststroke and Freestyle in that order.
- All events will be swum on times only.
- B Grade placegetters shall receive ribbons for their respective placing's in each event. Competitors who swim faster than B Grade standard time shall be upgraded to A grade and shall be presented with a graduation certificate. Upgrades do not apply to Dash-for-Cash events.
- No aggregate trophies will be awarded for B Grade competitors.
- Medals will be awarded to 1st, 2nd, and 3rd places overall for each A Grade event.
- Points (1st - 5, 2nd - 3, 3rd - 1) will be awarded for each age group in A Grade. Aggregate trophies will be awarded in the following age groups: 8&U, 9, 10, 11, 12, 13, 14, 15&O.
- To be eligible for any of the Dash-for-Cash events, a swimmer must nominate and swim in four (4) individual age group events.

NOMINATIONS CLOSE ON FRIDAY 7TH NOVEMBER WITH :

THE SECRETARY
BOWEN SWIMMING CLUB
PO BOX 25
BOWEN. QLD. 4805

TURNER FARMS -DELTA
JUSTINE & CAMPBELL TURNER
PROUD SPONSORS OF THE BOWEN
SWIMMING CLUB

Jochheim's Pies Pty Ltd
49 George St
Great Supporters
Of
Bowen Swimming club