

**METRO EAST**

**Dandenong Ranges & District Swimming  
Association Inc. (Est. 1958)**

**METRO EAST  
ANNUAL DISTRICT CHAMPIONSHIPS**

**SUNDAY 4th MARCH 2012**

**MONASH AQUATIC AND RECREATION CENTRE**

**626 Waverley Rd, Glen Waverley (Melway 71 A4)**

**WARM UP 8.00am, EVENTS START 9.00am**

F	M	AGE	EVENT	F	M	AGE	EVENT
1	2	OPEN	200M FREESTYLE	<b>DAVID COOK TROPHY</b>			
3	4	11/12	100M BREASTSTROKE	38	39	OPEN	200M I.M
5	6	13/O*	100M BACKSTROKE	40	41	12/U	4X50M MEDLEY RELAY
7	8	9/10	50M BUTTERFLY	42	43	14/U	4X50M FREESTYLE RELAY
9	10	8/U	50M BUTTERFLY	44	45	15/O	4X50M MEDLEY RELAY
11	12	SWD	50M BUTTERFLY	46	47	9/10	50M FREESTYLE
13	14	OPEN	50M BUTTERFLY	48	49	8/U	50M FREESTYLE
15	16	OPEN	200M BREASTSTROKE	50	51	SWD	50M FREESTYLE
17	18	11/12	100M FREESTYLE	52	53	OPEN	50M FREESTYLE
19	20	13/O*	100M BUTTERFLY	54		OPEN	200M BUTTERFLY
21	22	9/10	50M BACKSTROKE	55	56	11/12	100M BUTTERFLY
23	24	8/U	50M BACKSTROKE	57	58	13/O*	100M FREESTYLE
25	26	SWD	50M BACKSTROKE	59	60	9/10	50M BREASTSTROKE
27	28	OPEN	50M BACKSTROKE	61	62	8/U	50M BREASTSTROKE
29		10/U	MIXED 4X50M FREE RELAY	63	64	SWD	50M BREASTSTROKE
30	31	15/O	4X50M FREESTYLE RELAY	65	66	OPEN	50M BREASTSTROKE
32	33	14/U	4X50M MEDLEY RELAY	67	68	11/12	100M BACKSTROKE
34	35	12/U	4X50M FREESTYLE RELAY	69	70	13/O*	100M BREASTSTROKE
<b>FRIENDSHIP RELAYS</b>				71	72	OPEN	200M BACKSTROKE
36	37	OPEN	4X100M FREESTYLE RELAY				

\* For the 13/0 individual events, medals will be awarded in the 13/14, 15/16 yrs and 17/over age groups.

**Entries close Tuesday 21<sup>st</sup> February 2012. NO LATE ENTRIES WILL BE ACCEPTED.**

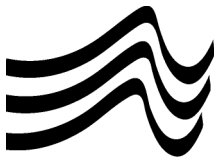
**TROPHY EVENTS**

- ∞ **Margaret Baulch Trophy** awarded to the winning team of the 10 & under Mixed 4x50m relay.
- ∞ **Friendship Relays** are of historical significance to DRDSA – first commencing in 1960.
- ∞ **The David Cook Memorial Trophy** awarded to the champion Male and Female 200IM swimmer in memory of David Cook, a respected member of the swimming community and Life Member of both District and Swimming Victoria.

**All clubs compete for the honour of winning the McArthur Trophy to become the District Champion Club. This is named after Mr & Mrs McArthur for 15 years of untiring effort as President and Secretary of DRDSA from 1960.**

There will be a lunch break after Event 37 i.e. following the Friendship Relays

**CONDITIONS OF ENTRY FOR DISTRICT CHAMPIONSHIPS  
 AND THE QUALIFICATION CRITERIA FOR DISTRICT TEAM SELECTION  
 DETAILS ARE ON THE FOLLOWING PAGE.**



# **Dandenong Ranges & District Swimming Association Inc. (Est. 1958)**

## **METRO EAST**

### **CONDITIONS OF ENTRY**

- To be conducted under rules of Swimming Australia Ltd and Swimming Victoria Inc.
- This meet is open only to registered members of Swimming Victoria who are members of Metro East clubs.
- A "proposed" qualifying meet.
- All events will be swum as timed finals. Semi Automatic Timing will be used
- 100m and 200m events will be started "over the top"
- Pool depths: shallow end: 1.0 meters; deep end: 1.9 meters. Pool length is 50 meters.
- Age as at 4<sup>th</sup> March 2012.
- Swimmers are restricted to swimming in events in their own age group and open events.

### **ENTRY METHODS**

- **Online Entry** for individual events. Go to [www.metroeastswimming.com.au](http://www.metroeastswimming.com.au)  
Select "Calendar" and then select this competition.  
Follow on screen prompts. You will need to **LOGIN** using your Username and Password.  
Online entries accepts credit card payments. Online entries close at 6:00pm on February 21, 2012
- **Clubs may also submit entries via a Team Manager file.** This is available on [www.metroeastswimming.com.au](http://www.metroeastswimming.com.au)  
Please email the completed TM file to [east.meets@hotmail.com](mailto:east.meets@hotmail.com) with entry fee and summary mailed to the address below.
- **Hard Copy entries.** Please use the Club/District Individual Entry Form, available on the Calendar Page of [www.metroeastswimming.com.au](http://www.metroeastswimming.com.au) Please note that Hard Copy entries must be paid via cheque or money order, made payable to DRDSA. **NO CREDIT CARD FACILITIES on this method of entry.**
- **EVENT ENTRY FEE: \$8.00 PER INDIVIDUAL EVENT** (including \$1 SV Approved Meet Levy).
- Refund of entry fees will only be provided if the entry is rejected.
- Entries to be sent to Margaret Matthews, 168 Old Gippsland Road, Lilydale, 3140 ph 97355485
- **If insufficient entries are received for any 200M event that event will not be swum.**

### **ELIGIBILITY TO ENTER**

- **To be eligible to achieve medals in individual events a swimmer must have swum a minimum of 3 District Events as a Metro East affiliate swimmer in the current season.** This may include one (ONLY) approved qualifying meet run by a Club affiliated with the District, i.e. MLC, Nunawading, Ringwood or Surrey Park swim meets. The other two meets must be District run meets. (Aggregate, Interclub, Distance Meet, Proficiency, 7-10 Qualifying Meet, Sprint Meet, All Junior Selection Trials) Please note Aggregate and Interclub each week counts as one meet. Swimmers who have not met the above criteria are welcome to enter and swim but will be deemed an exhibition swimmer. They will not be eligible to receive individual medals but they can compete in relays.
- The Open 200m Individual Medley events are open to swimmers who have National Qualifying Times.
- Swimmers, including MC, who have a National Qualifying Time in a stroke other than the 200IM as of March 4, 2012 are not eligible to enter individual events in the stroke they have the National Qualifying Time for.

### **AWARDING OF MEDALS**

- Medals for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place getters in both 'A' & 'B' grades as Competitions Committee deems appropriate.
- Swimmers who enter "NO TIME" are not eligible for either 'A' OR 'B' Grade medals.

### **EXTRACT "GUIDELINES FOR SELECTION OF DISTRICT TEAM"**

- Swimmers must have turned 12 years by 31<sup>st</sup> July 2012 to be considered for selection.
- **Age Group "A" grade medalists will be considered.** Swimmers who want to be considered for the District Trip should ensure they enter events in their own age group.
- Nationally qualified swimmers in any event/distance at the time of District Championships will not be considered.

### **RELAY ENTRIES - \$20 per relay**

- Clubs will be provided with separate entry details.

### **PROGRAM**

- Programs **will not** be available for sale on the day.
- They will be available for download from the Metro East website by the Thursday before the event.

### **POOL ENTRY**

- \$4.00 per person (including swimmers)
- \$13.50 per family (2 adults and 3 children).
- Free children under 5 and coaches with ASCTA(V) passes.

***Outdoor Pool heated to approx 27 degrees; please BYO seating plus shelter/shade.***