



AUSSI MASTERS SWIMMING
ACT BRANCH
(Incorporated)



**21st National Swim
and Club Championships**

EASTER

5 – 9th April 1996

PROGRAMME

FRIDAY 5TH APRIL - 9.00 a.m.

1. 400m Freestyle
2. 50m Breaststroke
3. 100m Butterfly
4. 4 x 50m Mixed Medley Relay

SATURDAY 6TH APRIL - 9.00 a.m.

5. 400m Individual Medley
 6. 50m Freestyle
- OFFICIAL OPENING
ZEDAR RELAYS
7. 200m Backstroke
 8. 4 x 50m Mixed Freestyle Relay

SUNDAY 7TH APRIL - 9.00 a.m.

9. 200m Individual Medley
10. 100m Breaststroke
11. 50m Butterfly
12. 100m Backstroke
13. 4 x 50m Men's Medley Relay
14. 4 x 50m Women's Medley Relay

MONDAY 8TH APRIL - 9.00 a.m.

15. 200m Butterfly
16. 50m Backstroke
17. 200m Breaststroke
18. 100m Freestyle
19. 4 x 50m Women's Freestyle Relay
20. 4 x 50m Men's Freestyle Relay

TUESDAY 9TH APRIL - 9.00 a.m.

21. 3000m Open Water Swim (2 x 1500m circuits)
Lake Burley Griffin

Warm-up and Cool Down facilities: The competition pool will be available half an hour prior to commencement as well as 2 lanes of the 25m pool.

WARM -UP and COOL DOWN FACILITIES

The competition pool will be available half an hour prior to commencement as well as two (2) lanes of the 25m pool.

CONDITIONS

1. Individual entries are limited to five (5) events. The open water swim is not included.
2. No swimmer may enter more than THREE (3) FREESTYLE pool events.
3. Relay entries are limited to ONE team per age group per club in each event.
4. Age is in years as at 31st December 1996.
5. AUSSI rules as at 20th February 1996 will apply.
6. Event 1 will be deck seeded. Other events may be deck seeded if numbers warrant.
7. Entry is open to registered AUSSI members only. Registered overseas master swimmers may compete by invitation.

ENTRY FEES

\$40 per person - \$5 per relay team

CLOSING DATE

Tuesday 20th February 1996
ENTRIES ARE TO BE FROM CLUBS ONLY.

Individual entry sheets and Summary sheets must be completed fully.

NO ENTRY CARDS ARE TO BE SENT.

ENTRIES

ACT AUSSI 1996 National Swim
PO Box 335
JAMISON CENTRE ACT 2614

ENQUIRIES

To the above address or telephone (06)241 1249

AWARDS

CLUB

- Founder's Trophy - Top Scoring Club
- Runner's Up Trophy - Second Highest Scoring Club
- Visitor's Trophy - Top Scoring Visiting Club
- Age Group Relay Trophies - 80+ 120+ 160+ 200+ 240+ 280+ 320+ 360+
- National Aerobic Trophy

INDIVIDUAL

- Aggregate Medals - 1st, 2nd, 3rd per age group
- Medals - 1st placegetter in each event
- Ribbons - 2nd and 3rd placegetters in each event
- Certificates - all swimmers
- Male & Female Swimmer of the Meet Trophies
- National Heart Foundation Perpetual Trophy

SOCIAL FUNCTION

PRESENTATION DINNER

Venue: Ainslie Football Club
Wakefield Avenue, Ainslie
Date: Monday 8th April, 1996
Time: 6.30 p.m. for 7.00 p.m.
Cost: \$29 (including commemorative wine glass)