



**NAC SWIM CLUB
CHARITY LONG COURSE GALA
SUNDAY 26TH FEBRUARY 2012**

Technical / Team Leader Pack

ORDER OF EVENTS

Session 1: Warm Up Start 8.00am Session Start 9.00am

- Event 1 Girls 9-10yr 50m Freestyle
- Event 2 Boys 9-10yr 50m Freestyle
- Event 3 Girls 100m Freestyle - Dave Malone Perpetual Trophy Qualifier
- Event 4 Boys 100m Freestyle - Dave Malone Perpetual Trophy Qualifier
- Event 5 Girls OPEN 200m IM
- Event 6 Boys OPEN 200m IM
- Event 7 Girls 9-10yr 50m Breaststroke
- Event 8 Boys 9-10yr 50m Breaststroke
- Event 9 Girls 100m Breaststroke
- Event 10 Boys 100m Breaststroke
- Event 11 Girls OPEN 50m Freestyle - QUALIFIER FOR SKINS EVENT
- Event 12 Boys OPEN 50m Freestyle - QUALIFIER FOR SKINS EVENT
- Event 13 Girls 14 & UNDER Freestyle Relay 4 x 50m
- Event 14 Boys 14 & UNDER Freestyle Relay 4 x 50m
- Event 15 Girls 15 & OVER Freestyle Relay 4 x 50m
- Event 16 Boys 15 & OVER Freestyle Relay 4 x 50m

Session 2: Warm Up Start 13.30pm Session Start 14.30pm

- Event 17 Girls OPEN 200m Freestyle
- Event 18 Boys OPEN 200m Freestyle
- Event 19 Girls 9-10yr 50m Fly
- Event 20 Boys 9-10yr 50m Fly
- Event 21 Girls 100m Fly
- Event 22 Boys 100m Fly
- Event 23 Girls FINAL 100m Freestyle - DAVE MALONE PERPETUAL
TROPHY 2012
- Event 24 Boys FINAL 100m Freestyle - DAVE MALONE PERPETUAL
TROPHY 2012
- Event 25 Girls 9-10yrs 50m Backstroke
- Event 26 Boys 9-10yrs 50m Backstroke
- Event 27 Girls 100m Backstroke
- Event 28 Boys 100m Backstroke
- Event 29 Girls - SKINS
- Event 30 Boys - SKINS

Warm Up

Mixed
Competition Pool

Entry in to Pool is Slip in feet first.

No Jumping in
No Diving in

Breaches may result in dismissal from the Meet

Lanes 1 & 2 used as Sprint Lanes throughout.

This is the only time Diving is allowed

Lanes 9 & 10 pace lanes throughout.

Lanes 3,4,5,6,7,8 for general warm up

Sprint / Pace lanes may be added as necessary for last 30 minutes of each warm up

- **Scratch Sheets will be taken up to 08.30am. and 2.00pm. Gala will then be closed for seeding and preparation of heat start sheets etc.**
- **Over Head Starts & Side by Side Starts in Backcrawl**
- No photographers Pool Side during competition
- **Disqualifications**
 - Hopefully there will be none
 - Only the Club Coach to approach referee if there is a query

Time Lines warm up to start of first race in each session

Session 1

- 8.00am Scratch Sheets issued
- 8.30am return of Scratch Sheets closed
- 8.40am Heat Start Lists printed
- 8.45am Lane Sheets printed
- 8.50am Warm up finishes
- 8.50am Line Up Officials in place
- 8.50am call for event 1 and 2
- 8.50am call for all Officials Time Keepers etc
- 8.55am Stop Watches and Lane Sheets issued
- 8.57am First Heat of Session behind Blocks
- 9.00am First race Commences

Session 2

- 1.30pm Scratch Sheets issued
- 2.00pm return of Scratch Sheets closed
- 2.10pm Heat Start Lists printed
- 2.10pm Lane Sheets printed
- 2.20pm Warm up finishes
- 2.20pm Line up Officials in place
- 2.20pm call for event 1 and 2
- 2.20pm call for all Officials Time Keepers etc
- 2.25pm Stop Watches and Lane Sheets issued
- 2.27pm First Heat on Session behind Blocks
- 2.30pm First race Commences