



16/03/2009

News Sheet #14

## **Melville Interclub – 5<sup>th</sup> April**

The Melville BACC event is our first event as a club for 2009, as usual Swan Hills will pay the nomination, you pay pool entry of \$4.60, don't forget to mention that you are there for the AUSSI event. Warm up commences at 8.10am with and 8.45am event start. Melville Aquatic Centre, Marmion St., Booragoon.

Events are as follows.

Event 1a	200m Backstroke	Event 2	50m Breaststroke
Event 1b	200m Breaststroke	Event 4	50m Backstroke
Event 2	50m Butterfly	Event 6	4 x 50m Womens Medley Relay
Event 3	100m Freestyle	Event 7	4 x 50m Mens Freestyle Relay

Please Chris Twomey know what events you will be competing in, along with nominated times, as soon as possible.

## **Osborne Park 400/800m swim – 18<sup>th</sup> April**

The event will be held at the Beatty Park Leisure Centre (220 Vincent St., North Perth) on Saturday the 18<sup>th</sup> of April. Swimmers pay their own Pool entry cost and a small participation fee. Just a reminder that all longer distance swims will have split times recorded, so swimmers can attain State or National records on the way to the final distance swim, if a swimmer fails to complete a swim or is disqualified then split times will not be eligible for records. It is possible to swim 5 State records in an 800m swim or 4 in a 400m swim. Those attending the National swim, may want to compete in a longer swim as a time trial.

Swimmers have a choice of 1 of the following swims, but may swim a second swim if time permits, if you are hoping to do two please nominate which will be your 1<sup>st</sup> swim style/distance,

400m Free	400m Back	400m Breast	400m Individual Medley	400m Butterfly
800m Free	800m Back	800m Breast	800m Individual Medley	800m Butterfly

Please let Sandra Mutch know if you would like to participate

## **National Swim 2009 - 30<sup>th</sup> Apr – 3<sup>rd</sup> May**

Linda Leithhead and Hannah Green have ramped up their training now that they have confirmed that they will be representing Swan Hills at the National Championships in April/May in Queensland. They are fundraising to help pay for their trip, if you would like to help them by selling a box of chocolates or two please see them at training.

## **State Championships – 16<sup>th</sup> - 17<sup>th</sup> May**

The State Championships will again be held over 2 days, with swimmers eligible to swim a maximum of 5 swims in total. See Chris Twomey for the nomination list. Swan Hills will be the nomination fees of all attending swimmers.

## **Stadium Snappers 1500m Swim 30<sup>th</sup> May**

Held on Saturday the 30<sup>th</sup> May at the Challenge Stadium Stephenson Ave., Mt Claremont. Nominate through Sandra Mutch. Swimmers pay own pool entry and nomination fee.

## **Postal Swims**

Entries for our DO 45 Postal swim are slowly being received, but already we have more entries than last year.

## **Bunbury 3 x 400m Postal Swim**

This will again be on during the months of May and June, you need to swim x3, 400m swims in different strokes in both or either months. Cost will no doubt still be around \$10-15 to enter.

## **Aerobic Swims**

Unfortunately we haven't been doing any Aerobic swims for the past 7 months, hopefully we can start them up again..

Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

Our own website that gets updated whenever possible. ☺ Contains Club records

<http://www.swanhillsswimmingclub.org.au/>

Swan Hills swimming Club website

<http://www.aussiwa.com.au/>

State AUSSI website with lots of useful State info.

<http://www.aussimasters.com.au/>

The National website - all the Rules, Results & Ranking etc