

Club Championships

Point Allocation

Star Swim & Micro Dots:	1 point for each swim 2 bonus points for PB
Club Members:	2 points per series
Squad Swimmers:	1 point for 50m 2 points for 100m 3 points for 200m 4 points for 400m 5 points for 800m or 1500m
Bonus Points:	2 points for PB 4 points for a squad record 5 points for National Age QT (must be PB)

Points are displayed on the coach's board at deep end of the pool on the Friday following the time trial.

These time trials are open to all squad swimmers, Star Swim, Fit Kids & Micro Dots. Micro Dots are any children who are in Swim School or have siblings in the squads.

These time trials are a great way of experiencing race conditions in a fun atmosphere & you will normally swim faster times than you do in Swim School!

**For further information about
STARplex Swim Club check out our website:**

www.starplexswimclub.org.au



Club Championships Summer 2012

Meet 2

Thursday 9th February

Land Training at 5.00pm,
Warm up 5.30pm
Start 6.00pm

Session 1

Event No.	Age Group	Stroke	Distance	Your Time
1	13 & over	Individual Medley	100	
2	11/12 years	Individual Medley	100	
3	10 & under	Individual Medley	100	
4	Star Swim	Butterfly	25	
5	Micro Dots	Butterfly	25	
6	13 & over	Backstroke	50	
7	11/ 12 years	Backstroke	50	
8	10 & under	Backstroke	50	
9	Star Swim	Backstroke	25	
10	Micro Dots	Backstroke	25	

Session 2

Event No.	Age Group	Stroke	Distance	Your Time
11	13 & over	Breaststroke	100	
12	11/12 years	Breaststroke	100	
13	10 & under	Breaststroke	50	
14	Star Swim	Breaststroke	25	
15	Micro Dots	Breaststroke	25	
16	13 & over	Freestyle	100	
17	11/12 years	Freestyle	100	
18	10 & U	Freestyle	50	
19	Star Swim	Freestyle	25	
20	Micro Dots	Freestyle	25	

15 minute break and
warm up for next session