



Dear Parents, Coaches and Athletes

The following is the meet information for the **Metro West SC Meet** being held on **Sunday July 12, 2009.**

This event is open to all SSC swimmers from **Essendon and Hoppers Crossing (All SSC squad levels)**

It is recommended that SSC DIS, STA and NAT swimmers swim in 100 and 200m events only. Swimmers that are in SSC DEV and INT Squads should enter one event for each stroke 50/100/200m and either the 100 IM or 200 IM.

Confirmation Deadline 8:00pm Friday June 12, 2009

- Meet Date:** Sunday July 12, 2009
- Meet Location:** Melbourne Sports and Aquatic Centre (MSAC) Aughtie Dve Albert Park (25m pool)
- Start Times:** Athlete Check in/Dryland 7:45am, Pool Warm Up 8:00am, Start 9:00am
- Entry Fees:** \$8.00 per event (SSC Athletes Minimum 3 individual events)
recommended that DIS, STA & NAT SSC athletes swim 100 and 200m events only
SSC DEV and INT Squads encouraged to swim one event for each stroke 50/100/200m and either the 100 or 200 IM
- Events:** 200 BK, 100 FLY, 50 BR, 200 BR, 100 FR, 50 FLY 200 FLY, 100 IM, 100 BK, 50 FR, 200 FR, 100 BR, 50 BK, 200 IM,
- Age Groups:** 50m - 8&U, 9-10, all other age groups can compete (refer comments re awards)
100m events and 200 IM: 11&U, 12, 13, 14, 15/16, 17&O.
All other 200 m events: Swum as open.
(Age as on the day of the event July 12, 2009)
- Awards:** Medals Presented to 1st-3rd in each age group boys/girls.
Medals only to 8&U and 9-10 in 50 m events
- Meet Rules:** FINA Rules, Australian Swimming Inc Rules, Swimming Victoria Rules
- Officials:** Parent support may be requested for timekeeping positions
- Miscellaneous:** Entry to venue FREE, Lunch Break after 100 IM (Event 16)
[Metro West Meet Flyer](#) [SV SC State QT's](#) [Metro West District Website](#)

Confirmation Deadline 8:00pm Friday June 12, 2009

(Please remit this form with payment to the SSC Mailbox by 8pm Friday June 12, 2009)

My Son/Daughter _____ will participate in the Metro West SC Meet on Sunday July 12, 2009 competing in the following events:

- | | | | | |
|---------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> 200 BK | <input type="checkbox"/> 100 FLY | <input type="checkbox"/> 50 BR | <input type="checkbox"/> 200 BR | <input type="checkbox"/> 100 FR |
| <input type="checkbox"/> 50 FLY | <input type="checkbox"/> 200 FLY | <input type="checkbox"/> 100 IM | <input type="checkbox"/> 100 BK | <input type="checkbox"/> 50 FR |
| <input type="checkbox"/> 200 FR | <input type="checkbox"/> 100 BR | <input type="checkbox"/> 50 BK | <input type="checkbox"/> 200 IM | |

Total Number of Events _____ X \$8.00 = _____

Recommended SSC Athletes enter a minimum of 3 individual events or greater coaches will review and adjust as necessary

[Please enclose total fees with this form in a sealed envelope to the SSC Mailbox]

Parent Signature: _____ Date: _____

Coach Signature: _____ Site Coord Signature: _____