



Dear Parents, Coaches and Athletes

The following is the meet information for the
CA Tritons SC Meet being held on
Sunday June 28, 2009.

This event is for all SSC swimmers from **Carrum Downs, Hampton Park, Narre Warren and Rowville (SSC District, State and National Squad levels).**

Confirmation Deadline 8:00pm Thursday June 4, 2009

- Meet Date:** Sunday June 28, 2009
- Meet Location:** Melbourne Sports and Aquatic Centre (MSAC)
- Start Times:** Session 1: (13&U)
Athlete Check In/Dryland 7:45am, Pool Warm Up 8:00am, Start 9:00am
Session 2: (Open/14&O)
Athlete Check In/Dryland 12:45pm, Pool Warm Up 1:00pm, Start 2:00pm
- Eligible Athletes:** Carrum Downs, Hampton Park, Narre Warren and Rowville Athletes at SSC District, State and National Squad level.
- Entry Fees:** \$9.00 per event
** recommended that all SSC athletes swim a Minimum of 3 individual events**
- Events:** Session 1: (13&U) 400 FR 100 FLY, 100 BK, 200 IM, 100 FR, 100 BR, 200 FR
Session 2: (Open/14&O) 400 FR, 400 IM, 100 FLY, 200 BR, 100 BK, 200 FR, 200 IM, 200 FLY, 100 BR, 200 BK, 100 FR, 100 IM
- Age Groups:** Session 1: 400 FR and 200m events 13&U, 100m events 11&U, 12, 13
Session 2: 400 FR/IM, 100 IM & 200m events Open, 100m events 14-15, 16&O
(Age as on the day of the event: June 28, 2009)
- Awards:** Session 1: Medals Presented to 1st-3rd in each event.
Session 2: No medals awarded.
- Meet Rules:** FINA Rules, Australian Swimming Inc Rules, Swimming Victoria Rules
- Officials:** Parent support may be requested for timekeeping positions
- Miscellaneous:** Free Admission to All, Events will be Self Marshalled to the Starting Blocks
[CA Tritons website](#) [CA Tritons Meet Flyer](#) [SV SC State QT's](#)
Start times may be adjusted and athlete rosters available on CA Tritons website June 22

Confirmation Deadline 8:00pm Thursday June 4, 2009

(Please remit this form with payment to the SSC Mailbox by 8pm Thursday June 4, 2009)

My Son/Daughter _____ will participate in the
CA Tritons SC Meet on Sunday June 28, 2009 competing in the following events:

Session 1: (13&U)

- 400 FR 100 FLY 100 BK 200 IM 100 FR
 100 BR 200 FR

Session 2: (Open/14&O)

- 400 FR 400 IM 100 FLY 200 BR 100 BK
 200 FR 200 IM 200 FLY 100 BR 200 BK
 100 FR 100 IM

Total Number of Events _____ X \$9.00 = _____

Recommended SSC Athletes enter a minimum of 3 to a maximum of 5 individual events, 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: _____