



Dear Parents, Coaches and Athletes

The following is the meet information for the **Ballarat Top 5 Meet Series** being held on **Saturdays June 13, July 25, August 15 and October 10, 2009.**

This event is aimed at our swimmers from **Bendigo and Bacchus Marsh** where there is the opportunity for the younger and more inexperienced swimmers to compete in an event which is at their level and also provide our more experienced swimmers the opportunity to meet qualifying standards for both Country and State Championships.

**Swimmers are to enter 4 individual events per meet** and swimmers can only place in an event/distance once over the series. Swimmers 10&O are suggested to swim all 100/200m events as there are more 100/200m qualifying times for the Country or State Championships than 50m events.

### Confirmation Deadline 8:00pm Thursday May 28, 2009

- Meet Date: Saturday June 13, July 25, August 15, and October 10, 2009  
Meet Location: Ballarat Aquatic Centre, Gillies St. Ballarat (25m indoor pool)  
Start Times: **Athlete Check In/Dryland 2:45pm**, Pool Warm Up 3:00pm, Start 4:00pm  
Entry Fees: \$5.00 per event  
Events: 12&O 200 FR, 50 FLY, 9&U 25 FR, 10&O 100 BK, 10&O 100 IM, 9&U 25 BK, 10&O 100 BR, 50 FR, 9&U 25 BR, 10&O 100 FLY, 50 BK, 10&O 100 FR, 50 BR  
Meet 1&3 200 BK or BR, Meet 2&4 200 IM or FLY  
\*\*Swimmers should swim each event offered at least once over 4 meet series\*\*  
Age Groups: To Be Confirmed (**Age as on June 13, 2009**)  
Awards: Awards Presented to 1st-3rd in each age group overall after 4 meets boys/girls  
Meet Rules: FINA Rules, Australian Swimming Inc Rules, Swimming Victoria Rules  
Officials: Parent support may be requested for timekeeping positions  
Miscellaneous: \$4.00 entry fee for spectators

### Confirmation Deadline 8:00pm Thursday May 28, 2009

(Please remit this form with payment to the SSC Mailbox by 8pm Thursday May 28, 2009)

My Son/Daughter \_\_\_\_\_ will participate in the Ballarat Top 5 Meet Series June 13, July 25, August 15, October 10 and swim in the following events :

#### Saturday June 13, 2009

- |                                      |                                      |                                    |   |                                       |
|--------------------------------------|--------------------------------------|------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> 200 FR 12&O | <input type="checkbox"/> 50 FLY      | <input type="checkbox"/> 25 FR 9&U | <input type="checkbox"/> 100 BK 10&O                      | <input type="checkbox"/> 100 IM 10&O  |
| <input type="checkbox"/> 25 BK 9&U   | <input type="checkbox"/> 100 BR 10&O | <input type="checkbox"/> 50 FR     | <input type="checkbox"/> 25 BR 9&U                        | <input type="checkbox"/> 100 FLY 10&O |
| <input type="checkbox"/> 50 BK       | <input type="checkbox"/> 100 FR 10&O | <input type="checkbox"/> 50 BR     | <input type="checkbox"/> 200 BK or 200 BR (circle stroke) |                                       |

#### Saturday July 25, 2009

- |                                      |                                      |                                    |  |                                       |
|--------------------------------------|--------------------------------------|------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> 200 FR 12&O | <input type="checkbox"/> 50 FLY      | <input type="checkbox"/> 25 FR 9&U | <input type="checkbox"/> 100 BK 10&O                       | <input type="checkbox"/> 100 IM 10&O  |
| <input type="checkbox"/> 25 BK 9&U   | <input type="checkbox"/> 100 BR 10&O | <input type="checkbox"/> 50 FR     | <input type="checkbox"/> 25 BR 9&U                         | <input type="checkbox"/> 100 FLY 10&O |
| <input type="checkbox"/> 50 BK       | <input type="checkbox"/> 100 FR 10&O | <input type="checkbox"/> 50 BR     | <input type="checkbox"/> 200 IM or 200 FLY (circle stroke) |                                       |

#### Saturday August 15, 2009

- |                                      |                                      |                                    |   |                                       |
|--------------------------------------|--------------------------------------|------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> 200 FR 12&O | <input type="checkbox"/> 50 FLY      | <input type="checkbox"/> 25 FR 9&U | <input type="checkbox"/> 100 BK 10&O                      | <input type="checkbox"/> 100 IM 10&O  |
| <input type="checkbox"/> 25 BK 9&U   | <input type="checkbox"/> 100 BR 10&O | <input type="checkbox"/> 50 FR     | <input type="checkbox"/> 25 BR 9&U                        | <input type="checkbox"/> 100 FLY 10&O |
| <input type="checkbox"/> 50 BK       | <input type="checkbox"/> 100 FR 10&O | <input type="checkbox"/> 50 BR     | <input type="checkbox"/> 200 BK or 200 BR (circle stroke) |                                       |

#### Saturday October 10, 2009

- |                                      |                                      |                                    |  |                                       |
|--------------------------------------|--------------------------------------|------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> 200 FR 12&O | <input type="checkbox"/> 50 FLY      | <input type="checkbox"/> 25 FR 9&U | <input type="checkbox"/> 100 BK 10&O                       | <input type="checkbox"/> 100 IM 10&O  |
| <input type="checkbox"/> 25 BK 9&U   | <input type="checkbox"/> 100 BR 10&O | <input type="checkbox"/> 50 FR     | <input type="checkbox"/> 25 BR 9&U                         | <input type="checkbox"/> 100 FLY 10&O |
| <input type="checkbox"/> 50 BK       | <input type="checkbox"/> 100 FR 10&O | <input type="checkbox"/> 50 BR     | <input type="checkbox"/> 200 IM or 200 FLY (circle stroke) |                                       |

Total Number of Events \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

**\*Recommended SSC Athletes enter 4 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: \_\_\_\_\_