



Dear Parents, Coaches and Athletes

The following is the meet information for the **ACT SC Championships** being held on Saturday and Sunday August 1 & 2, 2009.

This event is available to athletes in the **SSC National Squad**.

**\*\*It is recommended that athletes look to compete in up to 8 events for the Meet with a preferred maximum of 4 each day.\*\***

### Confirmation Deadline 8:00pm Friday June 26, 2009

**Meet Date: Saturday and Sunday August 1 & 2, 2009**

**Meet Location: Australian Institute of Sport, Leverrier Cres. Bruce (Canberra) ACT**

**Start Times: Day 1: Athlete Check in/Dryland 8:15am, Pool Warm Up 8:30am, Start 9:30am  
Day 2: Athlete Check in/Dryland 7:45am, Pool Warm Up 8:00am, Start 9:00am**

**Entry Fees: \$4.50 per event**

**Events: 50 FR, 100 FR, 200 FR, 400 FR, 50 BK, 100 BK, 200 BK, 50 BR, 100 BR, 200 BR, 50 FLY, 100 FLY, 200 FLY, 100 IM, 200 IM, 400 IM**

**NOTE: Qualifying times apply**

**Refer to subsequent pages for eligibility report**

**PB's must have been recorded since 1 April 2008. Refer attached list**

**Age Groups: 9&U, 10, 11, 12, 13, 14, 15&O, Open  
(Age as on the day of the event August 1, 2009)**

**Awards: Medals Presented to 1st-3rd in each age group boys/girls**

**Meet Rules: FINA Rules, Australian Swimming Inc Rules, Swimming NSW Rules**

**Officials: Parent support may be requested for timekeeping positions**

**Miscellaneous: Normal pool entry fees to apply (cost unknown)**

[ACT Flyer including QT's](#)   [SV SC State QT's](#)   [SAL SC National QT's](#)

### Confirmation Deadline 8:00pm Friday June 26, 2009

(Please place this form in the SSC Mailbox by 8pm Friday June 26, 2009. Payment to be remitted electronically)

My Son/Daughter \_\_\_\_\_ will participate in the ACT SC Championships on Saturday and Sunday August 1 & 2, 2009 competing in the following events:

- |                                 |                                  |                                 |                                 |                                 |                                 |
|---------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> 50 BK  | <input type="checkbox"/> 50 FLY  | <input type="checkbox"/> 50 BR  | <input type="checkbox"/> 50 FR  | <input type="checkbox"/> 400 FR | <input type="checkbox"/> 400 IM |
| <input type="checkbox"/> 100 BK | <input type="checkbox"/> 100 FLY | <input type="checkbox"/> 100 BR | <input type="checkbox"/> 100 FR | <input type="checkbox"/> 100 IM |                                 |
| <input type="checkbox"/> 200 BK | <input type="checkbox"/> 200 FLY | <input type="checkbox"/> 200 BR | <input type="checkbox"/> 200 FR | <input type="checkbox"/> 200 IM |                                 |

Total Number of Events \_\_\_\_\_ X \$4.50 = \_\_\_\_\_

Electronic Payment made: Y / N (if no, please attach cheque)

**\*Recommended SSC Athletes compete in up to 8 events for the Meet with a preferred maximum of 4 each day\***

[Please note instructions in covering e-mail regarding electronic payment of fees]

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SWIMLAND SWIM CLUB**  
**peter.howes@paulsadlerswimland.com**

**Meet Eligibility Report**  
**ACT SHORT COURSE CHAMPIONSHIPS 01-Aug-09 to 02-Aug-09 SC Meters**

Name		Events													
<b>Female</b>															
BEAVIS, NARELLE BEANA190290	19	# 68S 50 Breast 40.28S													
GRIFFIN, ASHLEE GRIAS251294	14	# 8 200 IM 2:47.50S	# 16 100 Free 1:05.70S	# 26S 50 Back 36.24S	# 30 200 Free 2:27.42S	# 54S 50 Fly 35.70S	# 56 100 Back 1:15.95S	# 66B 100 IM 1:19.33S	# 88 50 Free 29.60S	# 106S 50 Free 29.60S					
GRIFFIN, BROOKE GRIBR300793	16	# 2S 400 Free 5:02.72S	# 10 200 IM 2:43.08S	# 18 100 Free 1:04.75S	# 26S 50 Back 31.99S	# 32 100 Fly 1:11.19S	# 44 200 Back 2:32.48S	# 54S 50 Fly 31.41S	# 66A 100 IM 1:16.69S	# 68S 50 Breast 41.95S	# 80 200 Fly 2:44.68S	# 98 100 Back 1:09.71S	# 106S 50 Free 29.69S	# 124 200 Free 2:26.40S	
HOLMES, STEPHANIE HOLST300395	14	# 16 100 Free 1:08.05S	# 26S 50 Back 37.28S	# 30 200 Free 2:26.66S	# 56 100 Back 1:19.12S	# 68S 50 Breast 41.06S	# 78 200 Breast 3:08.86S	# 122 100 Breast 1:27.50S							
JONES, COURTNEY JONCO280893	15	# 106S 50 Free 31.52S													
LILLEY-HALE, EVIE LILEV210694	15	# 26S 50 Back 35.22S	# 44 200 Back 2:42.00S	# 68S 50 Breast 44.12S	# 98 100 Back 1:14.83S	# 106S 50 Free 31.51S									
MCNAIR, CAITLIN MCNCA180696	13	# 14 100 Free 1:08.47S	# 66C 100 IM 1:20.91S	# 68S 50 Breast 44.75S	# 94 50 Free 30.03S	# 106S 50 Free 30.03S									
MEYERINK, EMILY MEYEM070793	16	# 10 200 IM 2:37.46S	# 18 100 Free 1:03.26S	# 26S 50 Back 35.57S	# 54S 50 Fly 32.60S	# 58 200 Breast 2:55.68S	# 66A 100 IM 1:12.21S	# 68S 50 Breast 37.57S	# 98 100 Back 1:14.77S	# 106S 50 Free 29.01S	# 112 100 Breast 1:20.33S	# 124 200 Free 2:18.98S			
ROBERTSON, ZOE ROBZO110596	13	# 2S 400 Free 4:59.27S	# 8 200 IM 2:44.85S	# 14 100 Free 1:07.28S	# 26S 50 Back 35.77S	# 40 200 Free 2:24.06S	# 52 200 Fly 2:44.33S	# 54S 50 Fly 33.48S	# 76 100 Back 1:16.57S	# 94 50 Free 31.58S	# 106S 50 Free 31.58S	# 108 100 Fly 1:12.72S			
RUSSO, EMMA RUSEM110492	17	# 26S 50 Back 35.70S	# 44 200 Back 2:39.31S	# 98 100 Back 1:15.00S											

\*"S" denotes "Open/Senior" Event - i.e. # 47S

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**Meet Eligibility Report**  
**ACT SHORT COURSE CHAMPIONSHIPS 01-Aug-09 to 02-Aug-09 SC Meters**

Name		Events														
SMITH, EMILY		<b># 8</b>	<b># 16</b>	<b># 26S</b>	<b># 42</b>	<b># 54S</b>	<b># 56</b>	<b># 66B</b>	<b># 68S</b>	<b># 78</b>	<b># 88</b>	<b># 90S</b>	<b># 96</b>	<b># 106S</b>	<b># 110</b>	<b># 122</b>
SMIEM310395	14	200 IM 2:43.95S	100 Free 1:08.23S	50 Back 35.40S	100 Fly 1:13.86S	50 Fly 32.84S	100 Back 1:16.68S	100 IM 1:15.14S	50 Breast 41.33S	200 Breast 3:08.55S	50 Free 31.29S	400 IM 5:57.64S	200 Fly 2:49.76S	50 Free 31.29S	200 Back 2:41.85S	100 Breast 1:28.99S
WILLIAMS, ALEX		<b># 14</b>	<b># 26S</b>	<b># 40</b>	<b># 54S</b>	<b># 76</b>	<b># 94</b>	<b># 106S</b>	<b># 120</b>							
WILAL160995	13	100 Free 1:06.96S	50 Back 35.12S	200 Free 2:28.46S	50 Fly 34.66S	100 Back 1:16.50S	50 Free 30.80S	50 Free 30.80S	200 Back 2:48.07S							

\*"S" denotes "Open/Senior" Event - i.e. # 47S

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**Meet Eligibility Report**  
**ACT SHORT COURSE CHAMPIONSHIPS 01-Aug-09 to 02-Aug-09 SC Meters**

Name		Events													
<b>Male</b>															
BARBIS, WILLIAM BARWI011095	13	# 53S 50 Fly 33.67S	# 65C 100 IM 1:19.26S	# 67S 50 Breast 39.06S	# 93 50 Free 30.57S										
BURGESS, DAVID BURDA020195	14	# 7 200 IM 2:33.95S	# 15 100 Free 1:03.39S	# 25S 50 Back 32.99S	# 53S 50 Fly 31.72S	# 55 100 Back 1:11.87S	# 65B 100 IM 1:08.95S	# 67S 50 Breast 33.61S	# 77 200 Breast 2:37.46S	# 87 50 Free 29.19S	# 89S 400 IM 5:31.85S	# 109 200 Back 2:30.95S	# 121 100 Breast 1:13.04S		
EDWARDS, LUKE EDWLU230195	14	# 15 100 Free 1:01.61S	# 25S 50 Back 31.20S	# 29 200 Free 2:17.31S	# 53S 50 Fly 34.42S	# 55 100 Back 1:08.89S	# 65B 100 IM 1:12.31S	# 67S 50 Breast 38.03S	# 77 200 Breast 3:00.33S	# 87 50 Free 29.09S	# 109 200 Back 2:30.59S	# 121 100 Breast 1:24.27S			
GULEN, SHAIN GULSH190495	14	# 15 100 Free 1:02.81S	# 25S 50 Back 33.58S	# 29 200 Free 2:20.82S	# 53S 50 Fly 31.18S	# 65B 100 IM 1:13.85S	# 67S 50 Breast 39.81S	# 87 50 Free 28.15S	# 105S 50 Free 28.15S						
JACKSON, JORDYN JACJO030594	15	# 1S 400 Free 4:43.59S	# 9 200 IM 2:30.31S	# 25S 50 Back 34.38S	# 31 100 Fly 1:10.28S	# 53S 50 Fly 31.97S	# 57 200 Breast 2:56.51S	# 65A 100 IM 1:09.07S	# 67S 50 Breast 39.00S	# 79 200 Fly 2:34.31S	# 89S 400 IM 5:13.47S	# 105S 50 Free 28.65S			
JOINER, DYLAN JOIDY170794	15	# 25S 50 Back 34.51S	# 57 200 Breast 2:51.71S	# 67S 50 Breast 37.74S	# 111 100 Breast 1:21.36S	# 123 200 Free 2:17.45S									
NEALE, JAMES NEAJA120290	19	# 17 100 Free 59.77S	# 53S 50 Fly 30.47S	# 65A 100 IM 1:07.49S	# 67S 50 Breast 33.78S	# 105S 50 Free 27.13S	# 111 100 Breast 1:14.56S								
RUSSO, SAM RUSSA280596	13	# 25S 50 Back 34.92S	# 67S 50 Breast 42.88S	# 75 100 Back 1:12.30S	# 119 200 Back 2:38.39S										
SABELL, JAMES SABJA260792	17	# 25S 50 Back 36.42S	# 67S 50 Breast 40.37S												

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