



Presents

THE TUGGERANONG CHALLENGE **Saturday, 21st November 2009**

The Challenge: The Challenge consists of swimming Events 1, 2 & 3, each in a **different stroke**.

The Trophy will be presented to the swimmer whose aggregate time is **closest to the sum of the nominated times**. (i.e. the fastest swimmer will not necessarily be the winner)

Swimmers who do not wish to “take the challenge” may still enter any event and swim their choice of stroke.

This meet will be run in accordance to the Rules of Masters Swimming Australia

Venue: The Tuggeranong Lakeside Leisure Centre
Anketell Street, Tuggeranong ACT

Time: Warm up: 3.00pm Start: 3.30pm. Warm up and cool down lanes will be available throughout the afternoon.

Program of Events:

1. 200m Choice of Stroke (including Individual Medley)
2. 50m Choice of Stroke
3. 100m Choice of Stroke (including Individual Medley)
4. 4x50 Novelty Relay *
5. Shoot Out Relay **

* **This is a fun event, with special prizes. Details on the day**
** **This will be a handicapped event. Swimmers will be placed in teams on the day swimming the same stroke as your 50m choice (event 2)**

Entries: To your Race Secretary and forwarded to:
The Meet Director, PO BOX 113, Erindale ACT 2903
Cheques should be made payable to:
Tuggeranong AUSSI Adult Swimming Club Inc

Closing Date: Postmarked Friday, 6th November 2009

Cost: Registration: \$12 plus pool entry – Adults \$5.25 Concession \$3.50

Presentations/Dinner: Will take place at the Tuggeranong Town Centre Vikings Club from 7pm.
Corner of Athlon Drive and Rowland Rees Crescent, Greenway

Attending clubs are asked to bring stopwatches and assist with timekeeping.

Enquiries: Phone: Jeanette Sheather 0418 867 034 after 4pm please
E-mail: entries@aussi-vikings.org

Masters Swimming NSW Sun Smart and No Smoking Policies will apply at this meet.