

# Maroubra Swimming Club

Volume 160

19th Feb 2010

## PARENTS SWIM

Friday 26th Feb is the last Friday of the month and this means it's PARENTS SWIM night.

We'd like to see more parents have a go at the 25m freestyle.

We have also invited Seas the Limit for a little Dual in the Pool and parents from this club will also be swimming.

The evening will be topped off with a BBQ. (weather permitting)

## What's happening

The Competition Pool will be closing on the 21st March (after our Junior Invitational) for refurbishment. It will be re-opening in the 1st week in May, just in time for our Development meet on the 29th May. While the Competition Pool is closed we will be using the other 25m indoor pool.

With the start of the new school year school swimming carnivals are happening everywhere and we always happy to publish the results of our members.

Our first school swimmer is Corey Ross who had fantastic results coming 1st in the 50m freestyle, 2nd in the 50m breaststroke and 2nd in the 50m backstroke. Corey has also qualified for the local zone carnival. Well done Corey - keep up the great swimming.

Hopefully we will be able to swim in the outdoor pool tonight. Unfortunately the weather has been against us over the past couple of weeks.

Just a reminder of our two meets that we run each year. This first is the 10 years and under Junior Invitational on the 21st March 2010. We have invited swimmers from Cranbrook Eastern Edge, Bayside, Seas The Limit, Tivoli, UniSwim and Cook and Phillip swimming clubs to participate.

This is a great event for our younger swimmers as there are only 25m and 50m races conducted. It starts around 1 pm and is usually finished by 4 pm. You can find the meet program on page 3 inside.

Our other event is the 14 years and under Development Carnival and again this is focused on developing swimmers with the majority of events being 25m and 50m. We invite all clubs to attend and usually have over 300 swimmers attend.

This is our major fund raiser for the year and funds raised from this meet go towards paying for the medals and trophies on Presentation Day and to fund the Christmas Party. We expect all eligible swimmers to participate in this major event.

On Sunday 28th Feb Jane Saville is running her 2nd Yarra Bay Fun, Run and Walk. Last years day was a great success and I'm sure this will be too. Events kick-off at 8:30 am at Yarra Bay. There is also a free healthy fruit breakfast for all finishers!

<b>February and March Sprint Series</b>	February	March
	Fri, 5th	Fri, 5th
	Free/back	Free/Fly
	100/200 IM	100/200 IM
	Fri, 12th	Fri, 12th
	Free/fly	Free/Breast
	200m Swim	200m Swim
	Fri, 19th	Fri, 19th
	Free/Breast	Free/back
	400m Swim	400m Swim
	Fri 26th	Fri, 26th
	Free/back	Free/fly
	Parent Swim	Parent Swim
Relays	Relays	
BBQ	BBQ	

## FACEBOOK



We are now on Facebook so please have a look and tell us what you'd like to see on this site. Thanks to Leon Perry for creating the site.

**Sunday 28th  
February 2010**



A community and sporting event at Yarra Bay, encouraging active and healthy people.



The Second Yarra Bay Fun Run and Walk will be on Sunday 28th February 2010. I hope you will take this opportunity to bring your family to participate in a fun, friendly atmosphere and raise money for the [Deb Bailey Foundation](#) which helps increase awareness and research into the debilitating Motor Neurone Disease.

All entry fees go to the [Deb Bailey Foundation](#). So there's no excuse, come and join us for a healthy walk or run around the beautiful shores of Botany Bay.

Jane Saville

**The  
Deb Bailey  
Foundation Inc**

FOR MOTOR NEURONE DISEASE RESEARCH

### FUN RUN & WALK Age Categories

NOTE: Age is the year you were born

15 and Under (born 1995 and later)	30-39 (born 1971 - 1980)
16-21 (born 1989 - 1994)	40-49 (born 1961 - 1970)
22-29 (born 1981 - 1988)	50-59 (born 1951 - 1960)
60+ (born 1950 and before)	

PLUS

### Kids 1200m run

8 & Under (Born 2002 & later)  
9 & 10 Years (Born 2000 & 2001)  
11 & 12 Years (Born 1998 & 1999)

First, second and third place boy and girl in each age group receive prize or medal. All participants receive a certificate of completion. No times will be recorded

### Club Night Rules

Our swimming club is like most throughout Australia in that our swimmer progress up in the distances they swim depending on their times. In addition, each swimmer is given points based on the times they swim, more points if they swim faster.

In the past we enforced the distances a swimmer was able to swim. So if a swimmer qualified for the 100m freestyle he/she had to swim the 100m freestyle. However many people have commented that their children would prefer to swim only 50m events.

The Committee has agreed that a swimmer can now swim in either distance (ie 50m or 100m), and they can also swim in both events if they so choose. That is provided they have qualified for the 100m distance.

HOWEVER, to be fair on all, it has been decided that if a swimmer has qualified for the 100m distance and chooses to swim the 50m event, they will not receive any points for that swim. Likewise if a swimmer swims both the 50m and 100m distances, then they will only be awarded points for the 100m swim.

All on-line entries will be put in their qualifying events automatically based on PB time. If they wish to swim a different or additional distance then they must see the Chief Handicapper in the club room before the beginning of the meet or the Marshaller at the beginning of marshalling for that event. Entries can generally **not** be taken if marshalling has already begun for the event

Clear as mud? If you're not sure or need further information please come and speak with us on club nights or send an e-mail to [info@mbra.org.au](mailto:info@mbra.org.au)



## 10 years and under Junior Invitational Meet

run as an Official Time Trial

21<sup>st</sup> March 2010

### Competition Pool - Des Renford Aquatic Centre

No	Event	No	Event	No	Event
1	Boys 10 & Under 200 Medley Relay	23	Boys 7 Year Olds 50 Backstroke	45	Boys 10 Year Olds 50 Butterfly
2	Girls 10 & Under 200 Medley Relay	24	Girls 7 Year Olds 50 Backstroke	46	Girls 10 Year Olds 50 Butterfly
3	Boys 5 Year Olds 25 Breaststroke	25	Boys 8 Year Olds 50 Backstroke	47	Boys 5 Year Olds 25 Freestyle
4	Girls 5 Year Olds 25 Breaststroke	26	Girls 8 Year Olds 50 Backstroke	48	Girls 5 Year Olds 25 Freestyle
5	Boys 6 Year Olds 25 Breaststroke	27	Boys 9 Year Olds 50 Backstroke	49	Boys 6 Year Olds 25 Freestyle
6	Girls 6 Year Olds 25 Breaststroke	28	Girls 9 Year Olds 50 Backstroke	50	Girls 6 Year Olds 25 Freestyle
7	Boys 7 Year Olds 25 Breaststroke	29	Boys 10 Year Olds 50 Backstroke	51	Boys 7 Year Olds 25 Freestyle
8	Girls 7 Year Olds 25 Breaststroke	30	Girls 10 Year Olds 50 Backstroke	52	Girls 7 Year Olds 25 Freestyle
9	Boys 7 Year Olds 50 Breaststroke	31	Boys 7 years & under 100 IM *	53	Boys 7 Year Olds 50 Freestyle
10	Girls 7 Year Olds 50 Breaststroke	32	Girls 7 years & under 100 IM *	54	Girls 7 Year Olds 50 Freestyle
11	Boys 8 Year Olds 50 Breaststroke	33	Boys 8 - 10 years 200 IM *	55	Boys 8 Year Olds 50 Freestyle
12	Girls 8 Year Olds 50 Breaststroke	34	Girls 8 - 10 years 200 IM *	56	Girls 8 Year Olds 50 Freestyle
13	Boys 9 Year Olds 50 Breaststroke	35	Boys 6 & Under 25 Butterfly	57	Boys 9 Year Olds 50 Freestyle
14	Girls 9 Year Olds 50 Breaststroke	36	Girls 6 & Under 25 Butterfly	58	Girls 9 Year Olds 50 Freestyle
15	Boys 10 Year Olds 50 Breaststroke	37	Boys 7 Year Olds 25 Butterfly	59	Boys 10 Year Olds 50 Freestyle
16	Girls 10 Year Olds 50 Breaststroke	38	Girls 7 Year Olds 25 Butterfly	60	Girls 10 Year Olds 50 Freestyle
17	Boys 5 Year Olds 25 Backstroke	39	Boys 7 Year Olds 50 Butterfly	61	Boys 5-6 100 Freestyle Relay
18	Girls 5 Year Olds 25 Backstroke	40	Girls 7 Year Olds 50 Butterfly	62	Girls 5-6 100 Freestyle Relay
19	Boys 6 Year Olds 25 Backstroke	41	Boys 8 Year Olds 50 Butterfly	63	Boys 7-8 100 Freestyle Relay
20	Girls 6 Year Olds 25 Backstroke	42	Girls 8 Year Olds 50 Butterfly	64	Girls 7-8 100 Freestyle Relay
21	Boys 7 Year Olds 25 Backstroke	43	Boys 9 Year Olds 50 Butterfly	65	Boys 9-10 200 Freestyle Relay
22	Girls 7 Year Olds 25 Backstroke	44	Girls 9 Year Olds 50 Butterfly	66	Girls 9-10 200 Freestyle Relay
				67	Mixed 7-8 100 Freestyle Relay

### Warm up 1 pm Races start at 1:30 pm

#### CONDITIONS OF ENTRY

1. Meet conducted under the rules of SNSW & SAL and is METsea approved.
2. All events are timed finals using electronic timing equipment.
3. Entries to be submitted on SNSWL **MULTI** entry cards only accompanied by a summary sheet. e-Entry file available from [www.mbra.org.au](http://www.mbra.org.au).
4. Entry Fees: \$4 per individual event.
5. **Entries Close: 5pm Wednesday 17<sup>th</sup> March 2010.**
6. Age as at 21<sup>st</sup> March 2010.
7. Pool Entry applies for spectators only.
8. Programs will be available at the pool.
9. Swimmers entering 50 metre events may not enter 25 metre events of the same stroke.
10. Events 31, 32, 33 and 34 will be swum as multi-age events
11. Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>
12. Limit of 40 swimmers per club

## Club Night Marshalling

Tonight we're going to try a new method of marshaling before the club races.

- We will be marshaling near the front doors instead of down near the starting blocks.
- The swimmers will be put into their lanes / heats and then seated on the seats along the wall adjacent to the starting blocks.
- After a race is started those seated closest to the doors will then be placed into their lanes.
- The swimmers in the next heat will then move down and sit on the recently vacated seat.
- Swimmers in the next heat or event will then walk down from the marshaling area and sit on the vacant seat .

This will improve the running of club night events and assist the Marshall.

## Upcoming Carnivals

We are targeting the following carnivals

### February - March 2010

Date	Event	Notes
Sun, Feb 28	Auburn Summer LC Swim Meet (Ruth Everuss Aquatic Centre, Auburn)	- Maroubra entries close : Wed, Feb 17 - <a href="#">Program</a> - <a href="#">Current entries list</a> - Covered Grandstand, Plenty Of Free Parking Available
Sun, Mar 21 [new date !]	Maroubra 10 years and under Junior Invitational for eastern suburbs swimming clubs	- <a href="#">Program can be found here</a>
Sun, Mar 28	2010 MetSEA Area Development Meet (Bexley Pool)	- Maroubra entries close : Fri, Mar 5 - <a href="#">Program</a> - reserved to swimmers who swim SLOWER than the times on the program
	CARLILE JX MEET (SOPAC)	- Maroubra entries close: Fri, Feb 26 - <a href="#">Program</a> - Qualifying times apply to 200m events

Complete a race entry card and drop it in our race entry box or see Radu on Friday or email at [race@mbra.org.au](mailto:race@mbra.org.au).

## Maroubra Swimming Club

Development Meet

29th May 2010

Des Renford Aquatic Centre

Robey St Maroubra

Warm up 11:30 am Start 12 midday

