

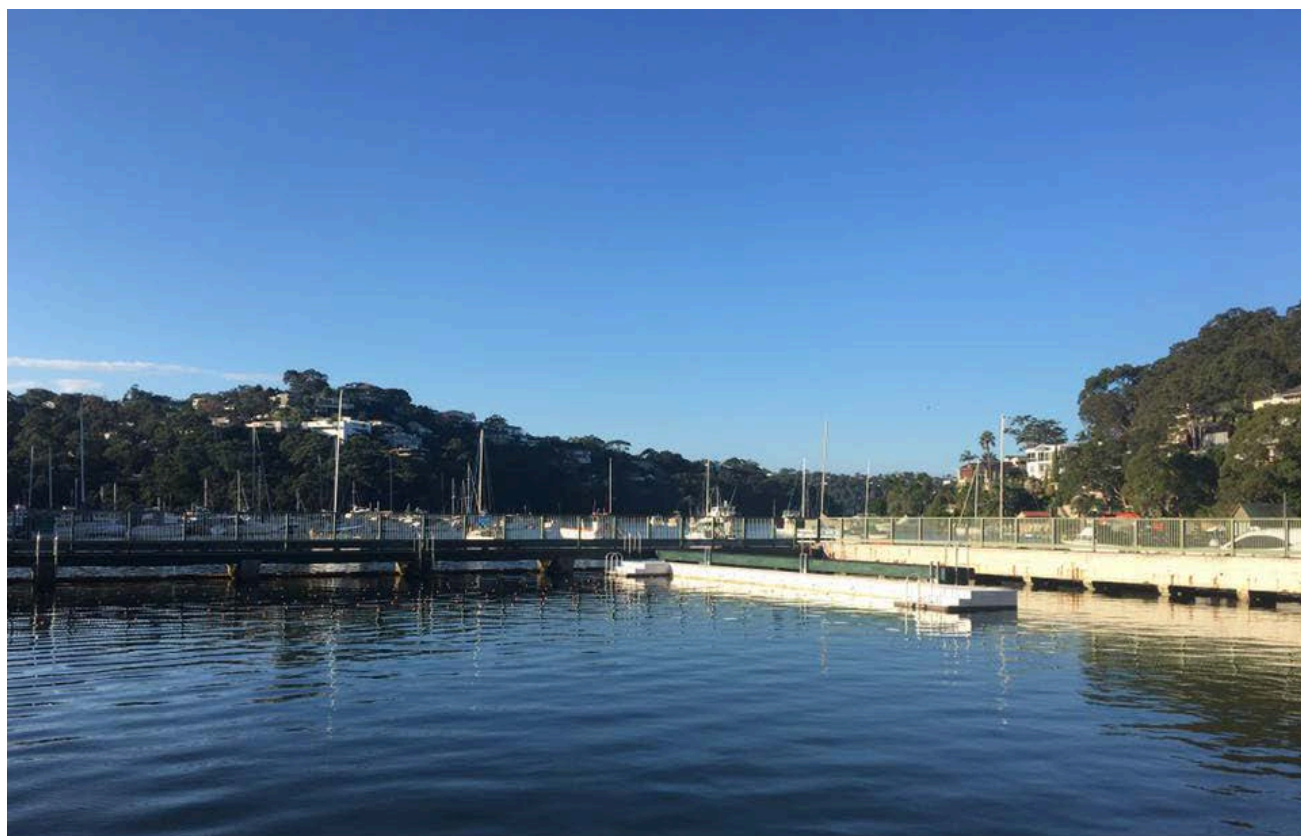


Tidal Pools Challenge

Sunday 1st March 2020

**at Northbridge Baths
2 Widgiewa Rd, Northbridge**

**Races commence at 2.00pm
(arrive 1.30pm)**



Race Program

Event	Distance	Stroke	Age Group	Sex
1	100m	Freestyle	Junior (16 & under)	Mixed
2	100m	Freestyle	Senior (over 16)	Mixed
3	25m	Freestyle	6 & under	Mixed
4	50m	Freestyle	7 & 8	Boys
5	50m	Freestyle	7 & 8	Girls
6	50m	Freestyle	9 & 10	Boys
7	50m	Freestyle	9 & 10	Girls
8	50m	Freestyle	11 & 12	Boys
9	50m	Freestyle	11 & 12	Girls
10	50m	Freestyle	13 & 14	Boys
11	50m	Freestyle	13 & 14	Girls
12	50m	Freestyle	15 & 16	Boys
13	50m	Freestyle	15 & 16	Girls
14	50m	Freestyle	17 to 29	Men
15	50m	Freestyle	17 to 29	Women
16	50m	Freestyle	30 to 39	Men
17	50m	Freestyle	30 to 39	Women
18	50m	Freestyle	40 to 49	Men
19	50m	Freestyle	40 to 49	Women
20	50m	Freestyle	50 to 59	Men
21	50m	Freestyle	50 to 59	Women
22	50m	Freestyle	60 & over	Men
23	50m	Freestyle	60 & over	Women
24 Interclub Relay Shield	16 x 50m	Freestyle	1 male & 1 female swimmer representing each of the following age groups: <ul style="list-style-type: none"> ▪ 11 & under ▪ 12 to 14 ▪ 15 & 16 ▪ 17 to 29 ▪ 30 to 39 ▪ 40 to 49 ▪ 50 to 59 ▪ 60 & over 	
25	25m	Breaststroke	6 & under	Mixed
26	50m	Breaststroke	7 & 8	Mixed
27	50m	Breaststroke	9 & 10	Mixed
28	50m	Breaststroke	11 to 13	Mixed
29	50m	Breaststroke	14 to 16	Mixed
30	50m	Breaststroke	17 to 29	Mixed
31	50m	Breaststroke	30 to 39	Mixed
32	50m	Breaststroke	40 to 49	Mixed
33	50m	Breaststroke	50 to 59	Mixed
34	50m	Breaststroke	60 & over	Mixed
35	25m	Butterfly	6 & under	Mixed
36	25m	Butterfly	7 & 8	Mixed
37	50m	Butterfly	9 & 10	Mixed
38	50m	Butterfly	11 to 13	Mixed
39	50m	Butterfly	14 to 16	Mixed
40	50m	Butterfly	17 to 29	Mixed
41	50m	Butterfly	30 to 39	Mixed
42	50m	Butterfly	40 to 49	Mixed



43	50m	Butterfly	50 to 59	Mixed
44	25m	Butterfly	60 & over	Mixed
45	25m	Backstroke	6 & under	Mixed
46	50m	Backstroke	7 & 8	Mixed
47	50m	Backstroke	9 & 10	Mixed
48	50m	Backstroke	11 to 13	Mixed
49	50m	Backstroke	14 to 16	Mixed
50	50m	Backstroke	17 to 29	Mixed
51	50m	Backstroke	30 to 39	Mixed
52	50m	Backstroke	40 to 49	Mixed
53	50m	Backstroke	50 to 59	Mixed
54	50m	Backstroke	60 & over	Mixed
55	200m	Freestyle	Open	Mixed
56	8 x 50m	Relay	16 & under	Mixed
57	8 x 50m	Relay	17 to 39	Mixed
58	8 x 50m	Relay	40 & over	Mixed
59	6 x 50m	Relay	Junior (13 & under)	Mixed
60	10 x 50m	Relay	Open	Any Gender
At the conclusion of the relays there will be a sausage sizzle and trophy presentation.				

Race Guidelines

As a general guide the following applies (further clarification can be sought on race day):

- Each club will be allocated 2 lanes for each individual event (and 1 lane for the relays).
- Mixed events require one female and one male swimmer.
- Age is as of 1st January 2020.
- Junior swimmers can swim in older age groups.
- Senior swimmers can swim in younger age groups.
- Points will be allocated to the 1st, 2nd and 3rd swimmers from each event, please ensure swimmers go to the scorers area immediately after their event to record their points.

Tidal Pools Trophies

It is a fun afternoon for our clubs to get together, however we are also competing for the following trophies:

- Interclub Relay Shield (Sakaguchi Cup).
- Junior Pointscore.
- Senior Pointscore (City of Willoughby Shield).
- Overall Pointscore (Balmoral Swim Club Challenge Shield).

General Notes

- Please be aware that parking at Northbridge Baths is limited (but free), so it is more than likely that you will be parking on the residential side streets. Please be mindful of local residents and don't park in front of driveways. Also, please consider carpooling. Thank you for your understanding.
- Please arrive around 1.30pm to ensure races can start at 2.00pm.
- Each club will be allocated an area along the pool edge to marshall their own teams. It is the responsibility of the club to ensure their swimmers get to the starting blocks on time.
- All swimmers will receive a free sausage sandwich and (non-alcoholic) drink at the conclusion of the program (please advise likely numbers, so we can cater).
- Our canteen will also be open.
- We will celebrate our achievements with the trophy presentation at the end of the day.

We look forward to seeing your clubs on the day
Northbridge Amateur Swimming Club Committee