



Conducted under the rules of Swimming Australia and Swimming Victoria  
5th Southern Pennant - Hosted by Myrtleford Swimming Club

Date of Meet: 19th January 2025 Venue: Myrtleford Pool

Warm Up: 10:00am Meet Start: 11:00am

Entries close Wednesday 15th January 2025 at 8:00pm via Team Manager

M	F	Age	Distance	Stroke
1/2/3		All Age	200m	BBB (Choice of Back/Breast/Butterfly)
<b>4</b>		<b>10/Under</b>	<b>25m</b>	<b>Backstroke - aided</b>
5	6	All Age	25m	Backstroke
7	8	All Age	50m	Backstroke
9	10	All Age	100m	Backstroke
11	12	All Age	100m	Individual Medley
13	14	All Age	200m	Individual Medley
15	16	8/Under	4 x 25m	Back/Free Relay
17	18	10/Under	4 x 25m	Medley Relay
19	20	12/Under	4 x 25m	Medley Relay
21	22	14/Under	4 x 50m	Medley Relay
23	24	16/Under	4 x 50m	Medley Relay
25	26	Open	4 x 50m	Medley Relay
27	28	All Age	200m	Freestyle
29		All Age	400m	Freestyle
<b>30</b>		<b>10/Under</b>	<b>25m</b>	<b>Breaststroke - aided</b>
31	32	All Age	25m	Breaststroke
33	34	All Age	50m	Breaststroke
35	36	All Age	100m	Breaststroke
<b>37</b>		<b>10/Under</b>	<b>25m</b>	<b>Butterfly - aided</b>
38	39	All Age	25m	Butterfly
40	41	All Age	50m	Butterfly
42	43	All Age	100m	Butterfly
<b>44</b>		<b>10/Under</b>	<b>25m</b>	<b>Freestyle - aided</b>
45	46	All Age	25m	Freestyle
47	48	All Age	50m	Freestyle
49	50	All Age	100m	Freestyle
51	52	8/Under	4 x 25m	Freestyle Relay
53	54	10/Under	4 x 25m	Freestyle Relay
55	56	12/Under	4 x 25m	Freestyle Relay
57	58	14/Under	4 x 50m	Freestyle Relay
59	60	16/Under	4 x 50m	Freestyle Relay
61	62	Open	4 x 50m	Freestyle Relay

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 25m free/50m free / 100m free / 200m free in the one day and receive points for each swim
- You may swim in 2 relays
- Can Coaches/parents/race secretaries please be mindful of what swimmers are capable of swimming.
- Aided** events have been introduced to encourage swimmers to have a go. Swimmers may use a kickboard, or noodle to assist them whilst swimming. **Swimmers are NOT to wear flippers.** These events are non scoring (no points awarded).
- Age as at: 1st October 2024 - Points awarded to the following Age Groups.  
8 & under/ 9 years/ 10 years/ 11 years/ 12 years/ 13 years/ 14 years/ 15 years/ 16 years/ 17 - 34, and 35 & over.
- Team Manager entries to be submitted by 8:00pm, Wednesday 15th January by email to [entries.omdsa@gmail.com](mailto:entries.omdsa@gmail.com)
- For all enquiries please contact: [entries.omdsa@gmail.com](mailto:entries.omdsa@gmail.com)