



Masters Swimming WA

2008 BE ACTIVE State Swim

SHORT COURSE MEET



Saturday/Sunday 23/24 August 2008
Challenge Stadium - Mt Claremont



The 30th State Championships is Masters Swimming WA's premier event. Clubs and members are encouraged to share in the competition and fun - including **Spot prizes and Have-a-go News MIXED CLUBS Relay.**

Members can swim a maximum of 6 individual events however this must include at least one 25m event! **Enter with your Club Captain NOW.**

Saturday Competition starts @ 10.30 am

9.30 to 10.15 am – Supervised Warm-up - Please obey Lane Signage
(8.00 to 9.30 am is Unsupervised Warm-up - *Please be courteous to other swimmers*)

| | | | |
|-------|----|----------------|---|
| Event | 1 | 25m | Butterfly |
| Event | 2 | 25m | Backstroke |
| Event | 3 | 200m | Individual Medley |
| Event | 4 | 200m | Breaststroke |
| Event | 5 | 200m | Freestyle |
| Event | 6 | 100m | Backstroke |
| Event | 7 | 100m | Butterfly |
| Event | 8 | 4 x 25m | Freestyle Relay - Mixed |
| Event | 9 | 4 x 25m | Medley Relay - Women |
| Event | 10 | 4 x 25m | Medley Relay - Men |
| Event | 11 | 50m | Breaststroke |
| Event | 12 | 50m | Butterfly |
| Event | 13 | 4 x 50m | Have-a-go News Relay FINAL (no points) |

(OWS Workshop from 4.00 – 5.30 pm for relevant Clubs at WA Sports Lotteries House)

Sunday Competition starts @ 9.00 am

8.00 – 8.45 am – Supervised Warm-up - Please obey Lane Signage

| | | | |
|-------|----|---------|-------------------------|
| Event | 14 | 25m | Freestyle |
| Event | 15 | 25m | Breaststroke |
| Event | 16 | 200m | Butterfly |
| Event | 17 | 100m | Freestyle |
| Event | 18 | 200m | Backstroke |
| Event | 19 | 100m | Breaststroke |
| Event | 20 | 4 x 25m | Medley Relay - Mixed |
| Event | 21 | 4 x 25m | Freestyle Relay – Women |
| Event | 22 | 4 x 25m | Freestyle Relay - Men |
| Event | 23 | 100m | Individual Medley |
| Event | 24 | 50m | Backstroke |
| Event | 25 | 50m | Freestyle |

Presentation Function (pre-paid) in Champions Club after Event 25