

Coogee Penguins Season Program 2011.

Season Program

Version 0.997

Date	Tide		Relay (lane 1)		Comments
Sun, 1-May	1253	0.5	•	Okinuees	
8-May	1146	1.3		Alligators	Mother's day
15-May	1202	0.4	•	RSL	
22-May	1215	1.3		Dolphins	BBQ
29-May	1130	0.6	•	Baldies	Age Championships
5-Jun	1043	1.3		Okinuees	
12-Jun	1042	0.4	•	Alligators	2 laps Championships heats
19-Jun	1056	1.4		RSL	BBQ (Alligators)
26-Jun	0959	0.6	•	Dolphins	4 laps Championships heats
3-Jul	0937	1.4		Baldies	
10-Jul	0919	0.5	•	Okinuees	BBQ, 2 laps Championships finals
17-Jul	0942	1.4	•	Alligators	
24-Jul	1455	1.4	•	RSL	Coogee Surf Club AGM, no swim
31-Jul	0830	1.4		Dolphins	
7-Aug	1437	1.6	•	Baldies	after swim, lunch to a local restaurant
14-Aug	0834	1.4	•	Okinuees	4 laps Championships finals
21-Aug	1306	1.4	•	Alligators	BBQ (RSL)
28-Aug	0721	1.4	•	RSL	
4-Sep	1309	1.6		Dolphins	Father's day
11-Sep	0654	1.4	•	Baldies	BBQ
18-Sep	1133	1.5		Okinuees	WSAA Winter Championships at Wagga Wagga
25-Sep	0608	1.4	•	Alligators	
Fri, 4-Nov	1900				Presentation & AGM

The Program is draft and may be changed with or without notice.

Please be at the Surf Club by 1015hrs sharp (if you are going to be late please ring 0418 270 983 so we can get your cards out).

The relay (week 1 lane 1 Alligators, lane 2 R S L, lane 3 Dolphins, lane 4 Baldies, lane 5 Okinuees) and then the next week (lane 1 R S L and Alligators in lane 5) etc. No breaks. Winner is decided on that closest to nominated time.

Trivia: The Ross Jones Pool is 19.5 yards (or 17.79 metres) not long enough to get cold in.

Rules etc.

General

- o Fees for the season: Adult \$25, Child \$10 (family discounts may apply) & \$2 per swimmer per day (18 years and over)
- o All swimmers must fill out an Application Form.
- o Any swimmer can enter into any event during the season without having had any swims before that day.
- o All Children (under 18 years old, age taken on the last Sunday in September this year) if complete in at least 50% of races will get a prize at Presentation Night.
- o All swimmers are to compete in at least 50% of races and attend the Presentation Night to be eligible for a prize at Presentation Night.
- o Monthly prizewinner can only win one(1) prize per season.
- o points for both the relay and 2 & 4 Lap races are first=4 points, second=3 points, third=2 point and 1 point for starting.
- o To be a 100% swimmer must swim every race (ie. 2 and/or 4 Lap race) in the season and also attend other venues as a Club ‡ (eg. SE Metro Championships etc...) (the only exception to this is the Coogee Surf Club AGM †) (prior arrangements can be made for a swimmer to swim with another club to keep his/her 100% swim season intact).

The Twenty Laps nominated time swim

- o the point score for 20 Laps races will not be part of the normal point score.
- o points for 20 Laps races are first=6 points down to fifth=2 point and 1 point for starting.
- o if there is a 20 laps nominated time swim it is to be completed by 1030hrs. If completed after 1030hrs there may be no points awarded.

The Two & Four Laps Championship. (will be part of the normal swim) (may be a double event)

- o swimmers can only enter the grade on their handicap card (but you can put yourself in a faster grade only) for the 2 & 4 Laps Championship.
- o 2 Laps Championship grades are "A" (20.5 and under), "B" (21 to 22.5), "C" (23 to 24.5), "D" (25 to 26.5), "E" (27 to 29.5), "F" (30 and over) (break of 0.49 sec. will be disqualified).
- o 4 Laps Championship grades are "A" (45 and under), "B" (46 to 50), "C" (51 to 55), "D" (56 to 60), "E" (61 to 65), "F" (66 and over) (break of 0.99 sec. will be disqualified).

Age Championship, King and Queen Penguin (age on the day of the Age Championships)

- o Age Championship (2 laps) divisions are:- "13 and under", "14 to 17", "18 to 29", "30 to 39", "40 to 49", "50 to 59", "60 to 69" and "70 and over".
- o The King and Queen Penguin will be decided as the fastest swimmer in any of the divisions of the Age Championships.