

Coogee Penguins Season Program 2009.

Season Program

Version 0.995

Date	Tide		Relay (lane 1)	Comments
Sun, 3-May	1606	1.4	• Okinuees	
10-May	0858	1.3	Alligators	Mother's day
17-May	1432	1.2	• RSL	
24-May	0746	1.4	• Dolphins	BBQ
31-May	1435	1.4	• Baldies	Age Championships
7-Jun	0756	1.3	• Okinuees	2 laps Championships heats
14-Jun	1250	1.3	Alligators	
21-Jun	0635	1.4	• RSL	BBQ, 4 laps Championships heats
28-Jun	1303	1.5	Dolphins	
5-Jul	0657	1.2	• Baldies	Sth Eastern Metro Championship @ Bondi
12-Jul	1125	1.3	Okinuees	BBQ
19-Jul	1742	1.8	• Alligators	2 laps Championships finals
26-Jul	1137	1.5	RSL	
2-Aug	1802	1.6	• Dolphins	Coogee Surf Club AGM, no swim after swim, lunch to a local restaurant
9-Aug	1012	1.5	Baldies	
16-Aug	1625	1.7	• Okinuees	4 laps Championships finals
23-Aug	1016	1.6	Alligators	BBQ
30-Aug	1643	1.5	• RSL	
6-Sep	0903	1.5	Dolphins	Father's day
13-Sep	1457	1.6	• Baldies	BBQ
20-Sep	0902	1.7	Okinuees	swim @ Coogee, WSAA Winter Championships @ Tweed Heads
27-Sep	1450	1.4	• Alligators	
Fri, 6-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.