



# LARA SWIMMING CLUB

## ALL-ABILITIES ENCOURAGEMENT MEET

### FUN COMPETITION

**OPEN TO ALL REGISTERED & NON-REGISTERED SWIMMERS**

**SUNDAY 4 FEBRUARY 2024 - 9:00AM START**

(Warm up: 8.00a.m – 8.45a.m)

ABE & JEAN McCLELLAND OUTDOOR POOL

**Bank Street, Lara, 3212**

This event is sponsored by:



**LARA DISTRICT  
COMMUNITY  
BANK BRANCH**

FEMALE	MALE	AGE	EVENT	FEMALE	MALE	AGE	EVENT
<b>TIME-TRIAL EVENTS</b>							
1	2	10 & Under	50 m Breaststroke	7	8	15 / 16 Years	50 m Breaststroke
3	4	11 / 12 Years	50 m Breaststroke	9	10	17 & Over	50 m Breaststroke
5	6	13 /14 Years	50 m Breaststroke				
<b>HANDICAP EVENTS</b>							
11	MIXED	8 & Under	25 m Backstroke	16	17	15 – 40 Years	50 m Backstroke
12	13	10 & Under	50 m Backstroke	18	19	40 & Over	50 m Backstroke
14	15	11 – 14 Years	50 m Backstroke				
<b>TIME-TRIAL EVENTS</b>							
20	21	10 & Under	50 m Butterfly	26	27	15 / 16 Years	50 m Butterfly
22	23	11 / 12 Years	50 m Butterfly	28	29	17 & Over	50 m Butterfly
24	25	13 /14 Years	50 m Butterfly				
<b>HANDICAP EVENTS</b>							
30	31	10 & Under	50 m Freestyle	34	35	16 & Over	50 m Freestyle
32	33	11 - 15 Years	50 m Freestyle				
<b>TIME-TRIAL EVENTS</b>							
36	MIXED	8 & Under	25 m Kickboard	37	MIXED	8 & Under	50 m Kickboard
<b>DASH FOR CASH – TIME TRIAL EVENT</b>							
38	39	OPEN	50 m Stroke of Choice				
<b>HANDICAP EVENTS</b>							
40	MIXED	10 & Under	50 m Butterfly	43	44	16 & Over	50 m Butterfly
41	42	11 - 15 Years	50 m Butterfly				
<b>TIME-TRIAL EVENTS</b>							
45	MIXED	8 & Under	25 m Freestyle	50	51	12 / 13 Years	50 m Freestyle
46	47	9 & Under	50 m Freestyle	52	53	14 / 15 Years	50 m Freestyle
48	49	10 / 11 Years	50 m Freestyle	54	55	16 & Over	50 m Freestyle
<b>HANDICAP EVENTS</b>							
56	MIXED	10 & Under	50 m Breaststroke	59	60	16 & Over	50 m Breaststroke
57	58	11 - 15 Years	50 m Breaststroke				
<b>TIME-TRIAL EVENTS</b>							
61	MIXED	8 & Under	25 m Backstroke	66	67	12 / 13 Years	50 m Backstroke
62	63	9 & Under	50 m Backstroke	68	69	14 / 15 Years	50 m Backstroke
64	65	10 / 11 Years	50 m Backstroke	70	71	16 & Over	50 m Backstroke
<b>2 X 50 METRE TIME-TRIAL RELAYS</b>							
72	Same or Mixed Gender PAIRS RELAYS			COMBINED Ages: 20 Years & Under			
73	Same or Mixed Gender PAIRS RELAYS			COMBINED Ages: 24 Years & Under			
74	Same or Mixed Gender PAIRS RELAYS			COMBINED Ages: 50 Years & Under			
75	Same or Mixed Gender PAIRS RELAYS			COMBINED Ages: 50 Years & Over			

❖ **AN ENTRY TIME MUST BE PROVIDED WHEN ENTERING HANDICAP EVENTS**

- ❖ Handicap Events will be judged using zero time method
- ❖ Monetary award for winners of both Event 38 and Event 39 Dash for Cash
- ❖ Swimmers competing in Dash for Cash (Event 38 or 39) are required to enter at least two other individual events

**Entries: Individual Event: \$10.00 Pairs Relays: \$15.00**

**OPTIONAL METHODS OF ENTRY:**

- ❖ **Registered Swimmers:** SwimCentral via Swimming Victoria website
- ❖ **Non-registered Swimmers:** Deposit payment, complete entry form (attached) and Email to: [lraentries@gmail.com](mailto:lraentries@gmail.com)  
Electronic Banking Details: Lara Swimming Club Bendigo Bank BSB: 633-000 Account Number: 105409791

**Entries Close 9:00 pm Monday 29 January 2024**

**Programs & Proposed Timeline:** Available on Lara Swimming Club Website Friday 2 February 2024: [www.laraswimmingclub.com.au](http://www.laraswimmingclub.com.au)

**Limited Number of Programs will be made available for purchase on the Day: \$5**

**Pool Entry: No Cost**

**Enquiries:** Lara Swimming Club Competitions Secretary: Mary Voss Phone: 0413 808 738

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**ALL-ABILITIES ENCOURAGEMENT MEET**  
**FUN COMPETITION**  
**FOR REGISTERED & NON-REGISTERED SWIMMERS**  
**9:00AM SUNDAY 4 FEBRUARY 2024**



**ENTRY FORM**

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_ Gender: Male / Female: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age as at 04.02.24: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ Swimming Club (if applicable): \_\_\_\_\_

Time trial Events: NT if no time available

Handicap Events: **ENTRY TIME REQUIRED**

EVENT	AGE	STROKE	ENTRY TIME	ENTRY FEE
11	8 & Under	25 m Backstroke Handicap	59:00	\$10.00

**2 x 50m PAIRS RELAY**

EVENT	AGE	TEAM MEMBERS	ENTRY TIME	ENTRY FEE
60	Combined Ages: 50 Years & Over	Joe Blogs & Jack Frost	1:50:00	\$15.00
			<b>TOTAL FEE</b>	

**METHOD OF ENTRY – Non-registered swimmers:**

**Events:** Refer to the competition flyer to obtain event details when completing the entry form

**Payment:** Arrange payment of total entry fee into BSWSA bank account and save copy of funds transfer confirmation

**Banking Details:** **Bendigo Bank** Account: Lara Swimming Club BSB: 633-000 Account Number: 105409791  
 (Please state name & "EC" in transaction details)

**Entry:** Forward copy of payment confirmation and completed entry form to: [laraentries@gmail.com](mailto:laraentries@gmail.com) **Entries Close 9:00 pm Monday 29 January 2024**

**Enquiries:** Competitions Secretary: Mary Voss Phone: 0413 808 738