



2009 Pro-Ma Miami Spring Meet

You are cordially invited to attend the Pro-Ma Miami Swimming Club 2009 Spring Meet. This Meet is sanctioned by SQ and times are recognised as official qualifying times. The details of the meet are as follows:

DATE:	Saturday, 26th September, 2009
TIME:	8:00am warm up for 9:00 am start
VENUE:	Miami Aquatic Centre, Pizzey Park 80 Pacific Avenue MIAMI, GOLD COAST, QLD
POOL ENTRY:	Swimmers : Free Adults - \$4.00 Children - \$3.00
PROGRAMS :	\$4.00
NOMINATION FEES:	TM nomination: \$5 per event (inc GST) Paper nomination: \$6 per event (inc GST)
CLOSING DATE:	Friday 11th September, 2009
AGE:	Age as at 26 th September, 2009
ELIGIBILITY:	Entry is open to any SQ registered competitive swimmer, members of Clubs affiliated with other State Associations (with clearance from their State organisation) and International swimmers with appropriate clearances. International swimmers must nominate under their country name. The minimum age for this meet is 8 years.
ENTRIES:	All entries must be submitted via the swimmer's Club Race Secretary, using Team Manager or Meet Manager, or on the attached nomination form. Incomplete or late entries will not be accepted. Entries will not be accepted on the day.
EVENTS:	As per attached Program of Events. All events will be run as timed finals. Pro-Ma Miami SC reserves the right to combine heats on the day. The minimum age for open event is 11 years.
AWARDS:	Medals will be awarded to 1 st , 2 nd and 3 rd place and will be determined from the three fastest OFFICIAL times swum in the heats. Age champions will not be recognised.
RULES:	This meet will be conducted under SQ/SAL Rules.
RESULTS:	Results will be available outside the clubhouse during the meet.
REFRESHMENTS:	Food and drinks will be available for purchase from the clubhouse.

The Pro-Ma Miami Swimming Club looks forward to you joining us on the day. For any enquiries, please contact the Race Secretary, Ann Stevens on 0419 640 139. Nominations, Reports and Payment should be addressed to:

**The Race Secretary
Pro-Ma Miami Swimming Club Inc.
PO Box 2461
BURLEIGH DC QLD 4220**

or emailed to ann_gary@bigpond.net.au. Payment **must** be received prior to the closing date.

Information can be found on the website, at <http://www.miamiswimmingclub.com>



2009 Pro-Ma Miami Spring Meet

STROKE	DISTANCE	AGE GROUP	MALE EVENT	FEMALE EVENT	QUALIFYING TIME	
					MALE	FEMALE
FREE	400M	OPEN	1	2	5:15.00	5:20.00
FLY	50M	OPEN	3	4		
FLY	50M	8 YEARS	5	6		
FLY	50M	9 YEARS	7	8		
FLY	100M	10 YEARS	9	10		
BREAST	200M	OPEN	11	12	3:16.00	3:35.00
FLY	200M	OPEN	13	14	2:54.00	3:10.00
FLY	100M	11 YEARS	15	16		
FLY	100M	12 YEARS	17	18		
FLY	100M	13 YEARS	19	20		
FLY	100M	14 YEARS	21	22		
FLY	100M	15 YEARS	23	24		
FLY	100M	16 & OVER	25	26		
BACK	50M	OPEN	27	28		
BACK	50M	8 YEARS	29	30		
BACK	50M	9 YEARS	31	32		
BACK	100M	10 YEARS	33	34		
BACK	100M	16 & OVER	35	36		
BACK	100M	15 YEARS	37	38		
BACK	100M	14 YEARS	39	40		
BACK	100M	13 YEARS	41	42		
BACK	100M	12 YEARS	43	44		
BACK	100M	11 YEARS	45	46		
I/MEDLEY	200M	OPEN	47	48	3:20.00	3:20.00
FREE	200M	OPEN	49	50	3:00.00	3:00.00
BREAST	50M	OPEN	51	52		
BREAST	50M	8 YEARS	53	54		
BREAST	50M	9 YEARS	55	56		
BREAST	100M	10 YEARS	57	58		
BREAST	100M	11 YEARS	59	60		
BREAST	100M	12 YEARS	61	62		
BREAST	100M	13 YEARS	63	64		
BREAST	100M	14 YEARS	65	66		
BREAST	100M	15 YEARS	67	68		
BREAST	100M	16 & OVER	69	70		
BACK	200M	OPEN	71	72	2:55.00	3:12.00
FREE	50M	OPEN	73	74		
FREE	50M	8 YEARS	75	76		
FREE	50M	9 YEARS	77	78		
FREE	100M	10 YEARS	79	80		
FREE	100M	11 YEARS	81	82		
FREE	100M	12 YEARS	83	84		
FREE	100M	13 YEARS	85	86		
FREE	100M	14 YEARS	87	88		
FREE	100M	15 YEARS	89	90		
FREE	100M	16 & OVER	91	92		

GENERAL INFORMATION

Date:
26th September

Venue:
Miami Pool
Pizzey Park
80 Pacific Ave
MIAMI

Pool Entry:
Swimmers - Free
Adults - \$4.00
Children - \$3.00

Programs:
\$4

Entry fee:
\$5 per event for
TM Entry
\$6 per event for
Manual Entry

Warm up : 8.00am
Start : 9.00am