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# *Country Junior District Competition Time Trial*

There will be an Ovens & Murray Time Trial at the Wodonga Leisure Centre on Saturday 30/09/2023.

This is an ideal opportunity for swimmers to get an event time that can be used to nominate for selection on the Country Junior Rep Team which will be competing at the Melbourne Sports & Aquatic Centre (MSAC) on Saturday 28/10/2023.

It is not compulsory to do the time trial, swimmers may submit the application form below with their personal best times and email to the District Selectors at [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)

Swimmers selected to represent the Ovens & Murray District Swimming Association are also encouraged to enter the 1<sup>st</sup> Pennant of the season at Wangaratta. This will give swimmers a chance to practice racing in a 50M pool before going to MSAC.

Information for swim meets can be found on the O&M website <https://www.oandmdistrictswimming.org.au/pages/meets.htm>

There will be a Team Meeting at the Wangaratta Stingrays Pennant Meet. Swimmers will be able to meet the Coaches and Team Managers, receive their uniforms and fill out the required Rep Team Registration forms.



## O&M 8 – 11 Time Trial

- Date:** Saturday 30<sup>th</sup> September 2023
- Venue:** Wodonga Sports and Leisure Centre
- Start Times:** Warm Up 12:30pm  
Races 1:30pm
- Entries:** Online entries via Swim Central -  
<https://swimcentral.swimming.org.au/bounce?returnUrl=%2Fevents%2F744838-b3f3-4541-b116-c930142e8e08%2Fdetail>  
 or please email your name, Club, events & DOB to  
[selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)
- Entry Fee:** Pool Entry Fee applies
- Entries Close:** Wednesday 27<sup>th</sup> September 2023 at 8:30pm
- Age as at:** 28<sup>th</sup> October 2023
- Notes:** This will not be a qualifying meet. It is a time trial only. There will be no medals or ribbons. Manual Timing will be used.  
Conducted under the rules of Swimming Victoria and Swimming Australia.
- Registration:** Time Trial is open to registered swimmers of Ovens & Murray District Clubs.

Male	Female	Age Group	Event	Male	Female	Age Group	Event
1	2	8 years	50 Freestyle	19	20	8 years	50 Breaststroke
3	4	9 years	50 Freestyle	21	22	9 years	50 Breaststroke
5	6	10 years	50 Freestyle	23	24	10 years	50 Breaststroke
7	8	11 years	50 Freestyle	25	26	11 years	50 Breaststroke
9 Mixed		8-11 years	50 Freestyle MC	27 Mixed		8 – 11 years	50 Breaststroke MC
10	11	8 years	50 Backstroke	28	29	8 years	50 Butterfly
12	13	9 years	50 Backstroke	30	31	9 years	50 Butterfly
14	15	10 years	50 Backstroke	32	33	10 years	50 Butterfly
16	17	11 years	50 Backstroke	34	35	11 years	50 Butterfly
18 Mixed		8 - 11 years	50 Backstroke MC	36 Mixed		8 – 11 years	50 Butterfly MC



## *Rep Team Selection Form*

Country Junior District Competition - 28/10/2023 in Melbourne

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Age as at 28/10/2023: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Phone No. \_\_\_\_\_

Email: \_\_\_\_\_

Club: \_\_\_\_\_

Nominations Close: 7/10/2023 (4:00pm)

Personal best Times:

	50M (8 – 11 years)
Freestyle	
Backstroke	
Breaststroke	
Butterfly	

PB's can be from any Qualifying Meet, O&M Swim Meet or Time Trial.

More information on the Swim Meet can be found on the SV website:

<https://vic.swimming.org.au/events/country-junior-district-competition>

The team will be announced on Wednesday 10/10/2023 and will be posted on the O&M website. All successful swimmers will receive a letter confirming their selection.

Please email your form to: [selector.omdsa@gmail.com](mailto:selector.omdsa@gmail.com)

Note: Withdrawals must be made by 21/10/2023 to allow for an alternate swimmer to be selected. Withdrawals after this date will not be accepted unless for medical reasons.

**Parents and swimmers are required to make their own way to Melbourne.**