

MELBOURNE

GLAMOURHEAD SHARKS



INTERCLUB SWIM MEET 2023 & TRIFLE COMPETITION

WHEN

Saturday 20th May

Start time 4:35pm

Warm up 4:00 -4:30pm , pool entry 3:45pm

Entries close 16th May - No entries on the night, only relays.

\$40 - including meal

\$20 - meal only

Trifle competition - free entry - see form for details

WHERE

Caufield Grammar School

Corner of Glen Eira Road and Mcwhae Avenue, St
Kilda East VIC 3183

PROGRAM

Up to 4 individual events only, with a maximum of two 100m events.

Event 1: 200m Choice

Event 2: 50m Backstroke

Event 3: 50m Butterfly

Event 4: 50m Breaststroke

Event 5: 50m Freestyle

Event 6: 100m Backstroke

Event 7: 100m Butterfly

Event 8: 100m Breaststroke

Event 9: 100m Freestyle

Event 10: 100 Individual Medley.

Event 11: 4*25 Freestyle Relay
[M/W/Mixed]

Event 12: 4*25 Medley Relay

Interstate and International Masters swimmers are Welcome.

National Records can be set, but not World Records.

The 25m pool has been surveyed and has been certified.

Enquiries to: meet@glamourheads.org

Phone: Alan G. 0410-356-553 | Jason B. 0405-186-495



TRIFLE CONTEST RULES

1. Entries are limited to one per person, or team, as nominated on the entry form.
2. **Late entries will be accepted on the night.**
3. Trifles are to be delivered to the registration desk.
4. All entries will be submitted to the organisers in a suitable container.
5. Entries may be photographed and the competitor's name used for the purposes of Glamourhead Sharks publicity.
6. All entries will be consumed at the completion of the contest.
7. Glamourhead Sharks Aquatic Club will not be responsible for any lost or damaged property arising from the competition.
7. **A complete list of the ingredients of each entry must be supplied for the information of the judges, and club patrons, with the competition entry name.**
8. The Glamourhead Sharks Aquatics Club is not responsible for any ingredients, or their effect on consumers, of the entry. A reasonable amount of alcohol is permitted. No other intoxicating substance is allowed.
9. The Glamourheads Aquatics Club is not responsible for any entry that causes offence. Entries with inappropriate themes may be excluded from the competition at the discretion of the judges.
10. Entries will be judged on appearance, taste and other factors at the judges' discretion.
11. Entries must be large enough to yield more than two serves for the benefit of judging.
12. **Entries MUST be the work of the Swimmer and/or the Swimmer's family who is attending the Meet. [Swimmer, volunteer, official or spectator.]**