

MELBOURNE

GLAMOURHEAD SHARKS



INTERCLUB SWIM MEET 2025 & TRIFLE COMPETITION

WHEN

Saturday 30th August
Entries close 24th August
Opening show by Patrick School of the Arts
Pool entry 3:45pm, Warm up 4:00 -4:30pm , Start
time 4:45pm
25m pool, indoors. Pool has been surveyed
No entries on the night, only relays.
\$50 - including meal
\$30 - meal only
Trifle competition - free entry - see form for details

WHERE

Caufield Aquatics
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: 10*25 Freestyle Relay
[5 M/5 W]

Ross Wallis Relay
Entries on the night - Due by event 2

Interstate and international swimmers welcome.

No Guest swimmers.

Records can be set.

Medals awarded to 1st; 2nd; 3rd highest point scorers in each age group.

Enquiries to: meet@glamourheads.org
Phone: Alan G. 0410-356-553 |



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.]**