



# What's Race Night About?

- Race Nights will be held on **Friday nights** at **Eltham Swim School** commencing at **6:00pm**.
- Kids will be separated into 2 age groups
  - 9 years & under
  - 10 years & over
- 5 Race Nights will be held before the July school holidays.

- Race Nights will focus on having fun, meeting other kids and learning more about swimming!
- Kids are encouraged to have a go at some racing, putting into practice the skills they learn in their weekly lessons.
- Race Nights are a great introduction to the world of competitive swimming, even allowing them to swim along side some of our club swimmers!



## RACE NIGHT DATES



Both Age Groups
23rd April
7th May
21st May
4th June
18th June
25th June - Awards night.



## HOW TO ENTER RACE NIGHTS



The WEDNESDAY before each race night you will need to submit an entry form letting us know which races you wish to swim in on the night.  
( we recommend picking a few to have a go at!)

1. Have a look at the Program of Events and choose the event you want to swim.
2. Fill in the details at the top of the attached entry forms and tick the event you wish to swim in.
3. Email the form to [enquiries@elthamswim.com.au](mailto:enquiries@elthamswim.com.au) or hand into reception.
4. Put it in your calendar!

# 2021 ESS RACE NIGHT RULES AND AWARDS

## RULES

- Swimmers must compete in 3 of 5 Race Nights to be eligible for participation medal & trophies.
- Swimmers age is as of **1st April 2021**, and swimmers stay in that age group for the full program.
- Swimmers can enter a **MAXIMUM** of 6 (10 & over) or 5 (9 & under) races per night.
- Entries must be emailed to [enquires@elthamswim.com.au](mailto:enquires@elthamswim.com.au) or handed into front desk by Wednesday 5pm prior to the Friday night.

## POINTS

Each race entered and swam	<b>2 Points</b>
First race in new event (distance or stroke)	<b>3 Points</b>
Personal Best	<b>5 Points</b>

## AWARDS

### **Participation**

- For all swimmers competing in 3 or more Race Nights

### **Highest points**

- Most points scored in each age group, male and female

### **Most Improved & Most Determined**

- voted for by Coaches

### **Most Races**

- The swimmer in each age group that swims in the most races



**Awards Night Friday June 25th**



# 2021 ESS RACE NIGHT PROGRAM OF EVENTS



## 10 years & Over

Events	23rd April	7th May	21st May	4th June	18th June
50m Freestyle	X	X	X	X	
100m Freestyle	X		X		X
200m Freestyle		X		X	
400m Freestyle					X
50m Backstroke	X	X	X		X
100m Backstroke	X	X		X	
200m Backstroke			X		
50m Breaststroke	X	X	X	X	
100m breaststroke		X	X		X
200m Breaststroke					X
50m Butterfly	X	X		X	X
100m Butterfly		X	X	X	
100m Individual Medley	X		X	X	X
200m Individual Medley	X				X
400m Individual Medley				X	

## 9 years & Under

Events	23rd April	7th May	21st May	4th June	18th June
25m Freestyle	X	X	X		
50m Freestyle	X	X	X	X	X
100m Freestyle		X		X	X
25m Backstroke	X	X	X		
50m Backstroke	X	X	X	X	X
100m Backstroke			X		X
25m Breaststroke	X	X	X	X	X
50m Breaststroke	X	X	X	X	X
100m Breaststroke				X	
25m Butterfly	X	X	X	X	X
50m Butterfly	X	X	X	X	X
100m Butterfly				X	
100m Individual Medley	X				X

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<b>RACE NIGHT 2 – 7th May</b>				
<b>NAME</b>				
<b>DOB</b>				
<b>Female</b> 10 & over (tick events)	<b>Male</b> 10 & over (tick events)		<b>Female</b> 9 & Under (tick events)	<b>Male</b> 9 & Under (tick events)
		<b>25m Freestyle</b>		
		<b>50m Freestyle</b>		
		<b>50m Freestyle</b>		
		<b>200m Freestyle</b>		
		<b>100m Freestyle</b>		
		<b>50m Backstroke</b>		
		<b>25m Backstroke</b>		
		<b>100m Backstroke</b>		
		<b>50m Backstroke</b>		
		<b>50m Breaststroke</b>		
		<b>25m Breaststroke</b>		
		<b>100m Breaststroke</b>		
		<b>50m Breaststroke</b>		
		<b>50m Butterfly</b>		
		<b>25m Butterfly</b>		
		<b>100m Butterfly</b>		
		<b>50m Butterfly</b>		

We will be using photos & videos from the Race Night for promotion within the swimming school & on our Facebook & Instagram. We presume this is authorised by the parent / guardian when entering swimmers. If you do not wish this, please advise us in writing when entering



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<b>RACE NIGHT 3 – 21st May</b>				
<b>NAME</b>				
<b>DOB</b>				
<b>Female 10 &amp; over (tick events)</b>	<b>Male 10 &amp; over (tick events)</b>		<b>Female 9 &amp; Under (tick events)</b>	<b>Male 9 &amp; Under (tick events)</b>
		<b>25m Freestyle</b>		
		<b>50m Freestyle</b>		
		<b>50m Freestyle</b>		
		<b>100m Freestyle</b>		
		<b>25m Backstroke</b>		
		<b>50m Backstroke</b>		
		<b>50m Backstroke</b>		
		<b>200m Backstroke</b>		
		<b>100m Backstroke</b>		
		<b>50m Breaststroke</b>		
		<b>25m Breaststroke</b>		
		<b>100m Breaststroke</b>		
		<b>50m Breaststroke</b>		
		<b>100m Butterfly</b>		
		<b>25m Butterfly</b>		
		<b>100m Individual Medley</b>		
		<b>50m Butterfly</b>		

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<b>RACE NIGHT 4 – 4th June</b>					
<b>NAME</b>					
<b>DOB</b>					
Female 10 & over (tick events)	Male 10 & over (tick events)			Female 9 & Under (tick events)	Male 9 & Under (tick events)
			<b>50m Freestyle</b>		
		<b>50m Freestyle</b>			
			<b>100m Freestyle</b>		
		<b>200m Freestyle</b>			
			<b>50m Backstroke</b>		
		<b>100m Backstroke</b>			
			<b>25m Breaststroke</b>		
		<b>50m Breaststroke</b>			
			<b>50m Breaststroke</b>		
		<b>50m Butterfly</b>			
			<b>100m Breaststroke</b>		
		<b>100m Butterfly</b>			
			<b>25m Butterfly</b>		
		<b>100m Individual Medley</b>			
			<b>50m Butterfly</b>		
		<b>400m Individual Medley</b>			
			<b>100m Butterfly</b>		

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<b>RACE NIGHT 5 – 18th June</b>					
<b>NAME</b>					
<b>DOB</b>					
<b>Female 10 &amp; over (tick events)</b>	<b>Male 10 &amp; over (tick events)</b>			<b>Female 9 &amp; Under (tick events)</b>	<b>Male 9 &amp; Under (tick events)</b>
			<b>50m Freestyle</b>		
		<b>100m Freestyle</b>			
			<b>100m Freestyle</b>		
		<b>400m Freestyle</b>			
			<b>50m Backstroke</b>		
		<b>100m Backstroke</b>			
			<b>100m Backstroke</b>		
		<b>100m Breaststroke</b>			
			<b>25m Breaststroke</b>		
		<b>200m Breaststroke</b>			
			<b>50m Breaststroke</b>		
		<b>50m Butterfly</b>			
			<b>25m Butterfly</b>		
		<b>100m Individual Medley</b>			
			<b>50m Butterfly</b>		
		<b>200m Individual Medley</b>			
			<b>100m Individual Medley</b>		

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