

# NEONS NEWS

From the **Ivanhoe Neons Swimming Club** Monday 7<sup>th</sup> January, 2008

Postal address: P.O. Box 2219 East Ivanhoe 3079

More news on our website: [www.ivanhoeneons.org.au](http://www.ivanhoeneons.org.au)

## 2008 VICTORIAN AGE/OPEN/SWD CHAMPIONSHIPS

Congratulations to our swimmers who have competed in these Championships so far, with great results including the following medallist and finalists:

**SAM BRAMHAM**  
GOLD – Men 100 fly SWD  
GOLD – Men 100m free SWD

Nick Cordner was placed 4<sup>th</sup> in the Men's 100m fly final and 8<sup>th</sup> in the 400m IM final – where the majority of finals places were taken by visitors to Victoria. Nick also finished 8<sup>th</sup> in the Men's 100m back semi-final, with the final still to be swum.

Annabel Newton swam strongly to finish 5<sup>th</sup> (with a PB) in the Girls 12 y/o 100 fly final.

Congratulations to our relay team who finished 7<sup>th</sup> in a nail-biting final of the Girls' 12/u 4 x 50 freestyle relay. Relay swimmers were Annabel Newton, Remy Schneider, Pearl-Lynn Yap and Sarah Tanner.

Full results can be found on the Swimming Victoria Website and photos can be viewed on our website [www.ivanhoeneons.org.au](http://www.ivanhoeneons.org.au)

## UPCOMING CARNIVALS

Qualified Swimmers  
**VICTORIAN  
AGE/OPEN/SWD  
CHAMPIONSHIPS**  
4<sup>TH</sup>-15<sup>TH</sup> JAN @ MSAC

Qualified Swimmers  
**VICTORIAN SPRINT  
CHAMPIONSHIPS**  
9<sup>th</sup> FEB @ MSAC

All Squads  
**2008 ALL JUNIORS**  
16<sup>th</sup> & 23<sup>rd</sup> FEB  
@ RICHMOND

## IMPORTANT - CHANGED TRAINING TIMES

Please note a change in Training Times this week – all swimmers have received a handout with these details.

MONDAY 7<sup>th</sup> 6 - 7.30AM & 2.30 - 4PM  
TUESDAY 8<sup>th</sup> 6 - 7.30AM  
WEDNESDAY 9<sup>th</sup> 6 - 7.30AM & 3.30 - 5PM  
\* THURSDAY 10<sup>th</sup> 6 - 7.30 AM \*THESE SWIMMERS ONLY BRIAN/IAN/CLAIRE/NICK/SAM  
THURSDAY 10<sup>TH</sup> 3.30 - 5PM

SWIMMERS NOT SWIMMING ON FRIDAY\* WILL BE ASKED TO ATTEND A TRAINING SESSION AT MSAC AT 5.15PM  
\*(BRIAN/CLAIRE/NICK/SAM/IAN)

## VERY IMPORTANT – ENTRIES FOR 2008 STATE SPRINTS

Please be advised that the **club closing date for 2008 Victorian State Sprint Championships is 11 January**. It is your responsibility to get meet flyers from our website or coaches and process your entries with correct payment BEFORE you go away on holiday. Late entries cannot be accepted and must be given to Joanne or posted in the Competition Entry box. Please remember to sign your entries and make payment via cheque to Ivanhoe Neons Swimming Club – please DO NOT use the credit card payment method on the Downloadable SV entry form. More information can be found in the Competition Calendar on our website.