



MINGARA  
AQUATIC  
SWIM CLUB

# Mingara Aquatic Swimming Club

## SUMMER LONG COURSE COMBINATION MEET DEVELOPMENT & DISTANCE

27th October 2018

MINGARA DRIVE, TUMBI UMBI

Indoor grandstand, grassed area, ample free parking available



MINGARA  
AQUATIC  
SWIM CLUB

### Warm up 8am

B	G	AGE	DIST	STROKE
<b>SESSION ONE:</b>				
1 mixed		9-10yrs	100m	Freestyle
3 mixed		11yrs/O	100m	Freestyle
5	6	8yrs/U	25m	Breaststroke
7	8	9-10yrs	50m	Breaststroke
9	10	11yrs/O	50m	Breaststroke
11 mixed		9-10yrs	100m	Butterfly
13 mixed		11yrs/O	100m	Butterfly
15	16	8yrs/U	25m	Backstroke
17	18	9-10yrs	50m	Backstroke
19	20	11yrs/O	50m	Backstroke
21 mixed		11yrs/O	200m	Freestyle

### Entries limited to 1500

B	G	AGE	DIST	STROKE
23	24	8yrs/U	25m	Freestyle
25	26	9-10yrs	50m	Freestyle
27	28	11yrs/O	50m	Freestyle
29 mixed		9-10yrs	100m	Breaststroke
31 mixed		11yrs/O	100m	Breaststroke
33	34	8yrs/U	25m	Butterfly
35	36	10yrs/U	50m	Butterfly
37	38	11yrs/O	50m	Butterfly
39 mixed		9-10yrs	100m	Backstroke
41 mixed		11yrs/O	100m	Backstroke
43	44	10yrs/U	100m	Butterfly
45	46	11yrs/O	200m	IM

### 9am Start

<b>SESSION TWO: To commence 30mins after the conclusion of Session One</b>					QT (M)	QT (F)
47	48	Open	200m	IM	3:12:50	3:23:50
49	50	Open	400m	Freestyle	5:25:50	5:41:00
51 (511)	52 (521)	Open	1500m	Freestyle *400QT	19:20:00 5:25:50	22:00:00 5:41:00
53 (531)	54 (541)	Open	800m	Freestyle *400QT	11:17:00 5:25:50	13:00:00 5:41:00
55	56	Open	400m	IM	6:05:00	6:20:00
57	58	Open	200m	Freestyle	2:56:00	2:58.50

- LIMITED ENTRIES
- Entry fees \$6.00 per individual event
- Programs \$5.00
- Age as at 27th October 2018
- Entries close: Tuesday 23 October 2018 or when the timeline of 4PM is reached

### CONDITIONS OF ENTRY

- Meet is approved by Swimming NSW Ltd and Coast & Valley Swimming Association
- Meet is conducted under the rules of SNSW - One start rule will apply
- Break Times apply to all Session One events. Swimmers faster than the break time are ineligible to enter that event
- Qualifying Times apply to all Session Two events. Swimmers slower than the qualifying time are ineligible to enter that event
- All 800m & 1500m swimmers will be required to supply an adult for lap counting
- 800m & 1500m may be entered on the 400m QT, provided time is faster than the 400QT
- Full automatic timing (8 lane-50m Indoor Pool)
- Entries are online via the [MINGARA AQUATIC SWIMMING CLUB](https://mingara.swimming.org.au/) webpage - <https://mingara.swimming.org.au/>
- The Meet Director reserves the right to amend the program and conditions of entry
- Pool entry applies. Club nominated Coaches FREE. Please email coaches name 1 week prior to meet
- Refunds: Please choose your events carefully as "NO REFUND POLICY APPLIES TO THIS MEET"
- Visiting clubs will be asked to assist with timekeeping during the meet
- BBQ & Kiosk available
- All events are timed finals

### AWARDS

- Medals for age events will be awarded in the following age groups: 25M & 50M EVENTS 8yrs/U, 9yrs, 10yrs, 11yrs, 12yrs
- Medals will be awarded in the mixed events to the first three place getters (Events 1, 3, 11, 13, 21, 29, 31, 39 & 41)
- Medals will be awarded to the first three place getters in Events 47-58
- All enquiries to: Race Secretary Email: [racesecretary@mingaraaquatic.com](mailto:racesecretary@mingaraaquatic.com)

**MINGARA  
AQUATIC  
SWIMMING  
CLUB IS  
PROUDLY  
SPONSORED BY**



MINGARA  
*Life's Great!*

Development - Break Times – (Must Swim Slower Than)									
Males									
		15yrs&O	14yr	13yr	12yr	11yr	10yrs	9yrs	8yrs
Free	25m				NT	NT	NT	NT	NT
	50m	31.00	31.50	32.00	35.00	35.50	40.50	9yrs & under 43.00	
	100m	1:07.00	1:10.50	1:11.50	1:18.00	1:19.00	10yrs & under 1:25.00		
	200m	2:17.00	2:26.50	2:28.00	12 yrs & Under 2:37.00				
Back	25m				NT	NT	NT	NT	NT
	50m	37.00	39.00	40.00	43.00	43.50	45.00	9yrs & under 47.50	
	100m	1:20.00	1:23.00	1:25.00	1:32.00	1:33.00	10yrs & under 1:36.00		
	200m	2:40.00	2:50.50	2:51.50	12 yrs & Under 2:58.00				
Breast	25m				NT	NT	NT	NT	NT
	50m	42.00	45.00	46.00	48.00	50.00	53.50	9yrs & under 56.00	
	100m	1:29.00	1:33.50	1:35.50	1:45.00	1:46.00	10yrs & under 1:51.00		
	200m	3:02.50	3:09.00	3:15.00	12 yrs & Under 3:30.00				
Fly	25m				NT	NT	NT	NT	NT
	50m	36.00	37.00	37.5	41.00	42.00	44.50	9yrs & under 47.00	
	100m	1:16.50	1:23.00	1:24.50	1:32.50	1:36.00	10yrs & under 1:42.00		
	200m	2:40.00	2:52.00	2:55.00	12 yrs & Under 3:10.00				
Medley	100m	1:13.00	1:13:0		1:13:00		10yrs/under 1:13:00		
	200m	2:40.00	2:47.00	2:48.00	12 yrs & Under 2:58.00				
Females									
		15yrs&O	14yr	13yr	12yr	11yr	10yrs	9yrs	8yrs
Free	25m				NT	NT	NT	NT	NT
	50m	33.50	34.00	35.00	37.00	38.00	40.00	9yrs & under 43.00	
	100m	1:13.00	1:14.50	1:16.00	1:19.00	1:20.50	10yrs & under 1:26.00		
	200m	2:26.00	2:31.50	2:33.50	12 yrs & Under 2:38.50				
Back	25m				NT	NT	NT	NT	NT
	50m	40.50	41.50	42.00	43.00	43.50	45.50	9yrs & under 47.50	
	100m	1:25.00	1:28.00	1:29.50	1:32.00	1:33.00	10yrs & under 1:36.00		
	200m	2:49.00	2:52.00	2:54.00	12 yrs & Under 3:01.00				
Breast	25m				NT	NT	NT	NT	NT
	50m	45.00	47.00	48.00	51.50	52.50	54.50	9yrs & under 56.00	
	100m	1:34.00	1:37.00	1:38.50	1:44.00	1:45.00	10yrs & under 1:52.00		
	200m	3:10.00	3:16.00	3:20.00	12 yrs & Under 3:30.00				
Fly	25m				NT	NT	NT	NT	NT
	50m	38.50	39.50	40.00	42.00	42.50	44.50	9yrs & under 47.00	
	100m	1:23.00	1:25.00	1:26.50	1:34.50	1:37.00	10yrs & under 1:42.00		
	200m	2:51.50	2:56.00	3:00.00	12 yrs & Under 3:10.00				
Medley	100m	1:20.00	1:20.00	1:20.00	10yrs & under 1:20.00				
	200m	2:49.00	2:56.00	2:58.00	12 yrs & Under 3:08.00				