

# COAST & VALLEY 2018/19 SUMMER CHAMPIONSHIPS

## CONDITIONS OF ENTRY.

- \* Meet will be conducted under the rules of Swimming N.S.W
- \* Must be a member of C.V.S.A.      \* Visitors must apply for approval to compete at this meet
- \* **ENTRIES CLOSE**; Tuesday 27th November 2018      \* Late entries will not be accepted
- \* \* **MEET PROGRAM, ENTRY LIST & SPLIT SHEETS** will be available on CVSA website under news from Wednesday 28th November
- \* Check your entries & contact Russell Waugh 0400302052 or **waughs11@bigpond.com** if changes are required
- \* **NO PROGRAMS WILL BE SOLD AT THIS MEET**
- \* M/C swimmers must show classification card to Referee.
- \* All events will be timed finals.    \* Qualifying times will apply.    \* Full automatic timing will be used
- \* Age as at 30th November
- \* **To Enter; Individual Entries; Online entries only - link on CVSA website**  
**Relay Entries ; Online entries preferred - see condition of entry for relays below**
- Enquiries; Russell Waugh 0400302052 or **waughs11@bigpond.com**
- \* **Entry fees; Meet Fee; \$10 per swimmer on Saturday & Sunday**  
**Normal pool entry charges on Friday night**  
\$6 per individual event  
\$10 Relays per entry

The **MEET FEE** entitles **ALL** swimmers and spectators unlimited **FREE** pool entry Saturday & Sunday

\*All swimmers must to pay **\$10 MEET FEE** to enter each day **BUT** you will get a \$10 refund for each swimmer after the first two swimmers in your family per day by CVSA.  
Refund will be available by direct deposit. Please supply your bank details.

\***ALL CLUBS PARTICIPATING MAY BE ALLOCATED DUTIES THROUGHOUT THE MEET e.g. timekeeping, etc.**

## CONDITIONS OF ENTRY FOR RELAYS HAVE CHANGED

- \* **Online entries are preferred**; there will be an e-entry option available.
- \* **Swimmers names MUST be submitted with entries**
- \* **Changes can be made on the day of the meet before 9am**
- \* Clubs may enter a maximum of 2 relays per event
- \* **\$10 entry fee per entry for relay entries**
- \* Swimmers only swimming in relay events will not have to pay the meet fee.

Online Entries for Relay entries are now available.

For more information on how to enter relays online, please click [HERE](#).

**PLEASE NOTE:** Payment **MUST** be made at the time of processing your relay teams in order for the entry to be submitted correctly.

Coast & Valley requires that any Relay Only Swimmers must be entered into the Meet by the relevant closing date. These swimmers must submit their name and date of birth on the relevant E-Entry file.

**\*\*MANUAL RELAY ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES\*\***

**PLEASE NOTE:** Should you wish to make any changes to your relay team, an updated relay form must be submitted to the Chief Recorder on race day prior to the start of the session in which the event will be contested. If you are adding new swimmers, you must include their DOB.

Relay forms are not required if you are not making any changes.

## POOL ENTRY

**FRIDAY NIGHT; - ENTER THROUGH THE FRONT ENTRANCE - normal pool entry fees apply**

**SATURDAY & SUNDAY; - FREE ENTRY THROUGH DOOR AT SIDE OF BUILDING BEHIND GRANDSTAND**

**Don't enter through main entrance of pool complex on Saturday & Sunday  
or pool entry charges will apply**

**COAST & VALLEY SWIMMING ASSOCIATION**  
**2018/19 SUMMER LONG COURSE CHAMPIONSHIPS**  
Woy Woy Peninsula Leisure Centre    Blackwall Road Woy Woy

**EACH DAY IS A SEPARATE MEET YOU MUST ENTER EACH DAY SEPARATELY**

**Friday 30th November, Saturday 1st December Sunday 2nd December**

M	F	Friday night Session 1		
<b>Warm up 4.30/5pm – Start 5.30/6pm TBC</b>				
1	2	Open	1500m	Freestyle
3	4	9/10	200m	Ind Medley
5	6	13/14yrs	200m	Ind Medley
7	8	15yrs/O	200m	Ind Medley
9	10	11/12	200m	Ind Medley
11	12	Open	800m	Freestyle

Saturday Session 2				
Warm Up; (12/U) 7:45am - (13/O) 8:15am				
M	F	Start 9am		
13	14	15yrs/O	400m	Ind Medley
15	16	14yrs/U	400m	Freestyle
17	18	Open MC	50m	Butterfly
19	20	9yrs	50m	Freestyle
21	22	10/11yrs	50m	Freestyle
23	24	12/13yrs	50m	Freestyle
25	26	14& Over	50m	Freestyle
27	28	10yrs/U	4x50m	Medley Relay
29	30	12yrs/U	4x50m	Medley Relay
31	32	14yrs/U	4x50m	Medley Relay
33	34	Open	4x100m	Medley Relay
35	36	Open MC	100m	Freestyle
37	38	9/10yrs	100m	Butterfly
39	40	11/12yrs	100m	Butterfly
41	42	13/14yrs	100m	Butterfly
43	44	15/16yrs	100m	Butterfly
45	46	17yrs/O	100m	Butterfly
47	48	Open MC	50m	Breaststroke
49	50	12yrs/U	200m	Freestyle
51	52	13/14yrs	200m	Freestyle
53	54	15yrs/O	200m	Freestyle

**Session 3; Starts no later than 30 minutes after session 2 ends**

M	F	Saturday Session 3		
55	56	Open MC	50m	Backstroke
57	58	10/11yrs	50m	Breaststroke
59	60	12/13yrs	50m	Breaststroke
61	62	14& Over	50m	Breaststroke
63	64	9yrs	50m	Breaststroke
65	66	12yrs/U	200m	Butterfly
67	68	13/14yrs	200m	Butterfly
69	70	15yrs/O	200m	Butterfly
71	72	Open MC	50m	Freestyle
73	74	9/10yrs	100m	Backstroke
75	76	11/12yrs	100m	Backstroke
77	78	13/14yrs	100m	Backstroke
79	80	15/16yrs	100m	Backstroke
81	82	17yrs/O	100m	Backstroke

Friday night Session 1				
Conditions of entry for 1500mt events				
<b>MALE; 12 AND OVER</b>		<b>GIRLS; 11 AND OVER</b>		
Conditions of entry for 800mt events				
<b>MALE; 11 AND OVER</b>		<b>GIRLS; 11 AND OVER</b>		

Sunday Session 4				
Warm Up; (12/U) 7:45am - (13/O) 8:15am				
M	F	Start 9am		
83	84	15yrs/O	400m	Freestyle
85	86	14yrs/U	400m	Ind Medley
87	88	9yrs	50m	Backstroke
89	90	10/11yrs	50m	Backstroke
91	92	12/13yrs	50m	Backstroke
93	94	14& Over	50m	Backstroke
95	96	10yrs/U	4x50m	Freestyle Relay
97	98	12yrs/U	4x50m	Freestyle Relay
99	100	14yrs/U	4x50m	Freestyle Relay
101	102	Open	4x100m	Freestyle Relay
103	104	9/10yrs	100m	Breaststroke
105	106	11/12yrs	100m	Breaststroke
107	108	13/14yrs	100m	Breaststroke
109	110	15/16yrs	100m	Breaststroke
111	112	17yrs/O	100m	Breaststroke
113	114	12yrs/U	200m	Backstroke
115	116	13/14yrs	200m	Backstroke
117	118	15yrs/O	200m	Backstroke

**Session 5; Starts no later than 30 minutes after session 3 ends**

M	F	Sunday Session 5		
119	120	9yrs	50m	Butterfly
121	122	10/11yrs	50m	Butterfly
123	124	12/13yrs	50m	Butterfly
125	126	14& Over	50m	Butterfly
127	128	12yrs/U	200m	Breaststroke
129	130	13/14yrs	200m	Breaststroke
131	132	15yrs/O	200m	Breaststroke
133	134	9/10yrs	100m	Freestyle
135	136	11/12yrs	100m	Freestyle
137	138	13/14yrs	100m	Freestyle
139	140	15/16yrs	100m	Freestyle
141	142	17yrs/O	100m	Freestyle

**MEDALS WILL BE AWARDED TO COAST & VALLEY SWIMMERS**

First 3 places in any Double age individual event

First 3 places in age groups 14, 15, 16 & 17/Over in events 25, 26, 61, 62, 93, 94, 125, 126

First 3 place in **ALL** other races

Visitors finishing in the first 3 places in any of the above will receive a visitor's medal

## QUALIFYING TIMES

### Qualifying times will apply

Swimmers must have swum faster than or equal to the qualifying times to enter individual events.

### MALE

Stroke	Distance	17&O	16yr	15yr	14yr	13yr	12yr	11yr	10yrs	9yrs
Free	50	31.00	31.00	31.00	31.50	32.00	35.00	35.50	40.50	43.00
	100	1:07.00	1:07.00	1:07.00	1:10.50	1:11.50	1:18.00	1:19.00	1:25.00	1:27.00
	200	2:17.00	2:17.00	2:17.00	2:26.50	2:28.00	<b>12yrs &amp; Under 2:37.00</b>			
	400	4:50.00	4:50.00	4:50.00	<b>14yrs &amp; Under 5:05.00</b>					
Back	800	10:00.00	10:15.00	10:30.00	10:45.00	10:55.00	11:10.00	11:10.00		
	1500	18:00.00	18:20.00	18:55.00	19:15.00	19:20.00	19:20.00			
	50	36.00	36.00	36.00	36.00	40.00	43.00	43.50	45.00	47.50
Breast	100	1:20.00	1:20.00	1:20.00	1:23.00	1:25.00	1:32.00	1:33.00	1:36.00	1:38.00
	200	2:40.00	2:40.00	2:40.00	2:50.50	2:51.50	<b>12yrs &amp; Under 2:58.00</b>			
	50	40.00	40.00	40.00	40.00	46.00	48.00	50.00	53.50	56.00
Fly	100	1:29.00	1:29.00	1:29.00	1:33.50	1:35.00	1:45.00	1:46.00	1:51.00	1:53.00
	200	3:02.50	3:02.50	3:02.50	3:09.00	3:15.00	<b>12yrs &amp; Under 3:30.00</b>			
	50	36.00	36.00	36.00	36.00	37.50	41.00	42.00	44.50	47.00
Medley	100	1:16.50	1:16.50	1:16.50	1:23.00	1:24.50	1:32.50	1:36.00	1:42.00	1:44.00
	200	2:40.00	2:40.00	2:40.00	2:52.00	2:55.00	<b>12yrs &amp; Under 3:10.00</b>			
	200	2:40.00	2:40.00	2:40.00	2:47.00	2:48.00	3:00.00	3:05.00	3:10.00	3:12.00
	400	5:34.00	5:34.00	5:34.00	<b>14yrs &amp; Under 5:46.00</b>					

**Minimum age for M/C events is 10 years**

### FEMALE

Stroke	Distance	17&O	16yr	15yr	14yr	13yr	12yr	11yr	10yrs	9yrs
Free	50	33.50	33.50	33.50	34.00	35.00	37.00	38.00	40.00	43.00
	100	1:13.00	1:13.00	1:13.00	1:14.50	1:16.00	1:19.00	1:20.50	1:26.00	1:28.00
	200	2:26.00	2:26.00	2:26.00	2:31.50	2:33.00	<b>12yrs &amp; Under 2:38.50</b>			
	400	5:10.00	5:10.00	5:10.00	<b>14yrs &amp; Under 5:20.00</b>					
Back	800	10:30.00	10:40.00	10:45.00	11:00.00	11:15.00	11:15.00			
	1500	19:00.00	19:00.00	19:10.00	20:00.00	20:10.00	20:10.00			
	50	38.00	38.00	38.00	38.00	42.00	43.00	43.50	45.50	47.50
Breast	100	1:25.00	1:25.00	1:25.00	1:28.00	1:29.50	1:32.00	1:33.00	1:36.00	1:38.00
	200	2:49.00	2:49.00	2:49.00	2:52.00	2:54.00	<b>12yrs &amp; Under 3:01.00</b>			
	50	44.00	44.00	44.00	44.00	48.00	51.50	52.50	54.50	56.00
Fly	100	1:34.00	1:34.00	1:34.00	1:37.00	1:38.50	1:44.00	1:45.00	1:52.00	1:54.00
	200	3:10.00	3:10.00	3:10.00	3:16.00	3:20.00	<b>12yrs &amp; Under 3:30.00</b>			
	50	38.00	38.00	38.00	38.00	40.00	42.00	42.50	44.50	47.00
Medley	100	1:23.00	1:23.00	1:23.00	1:25.00	1:26.50	1:34.50	1:37.00	1:42.00	1:44.00
	200	2:51.50	2:51.50	2:51.50	2:56.00	3:00.00	<b>12yrs &amp; Under 3:10.00</b>			
	200	2:49.00	2:49.00	2:49.00	2:56.00	2:58.00	3:08.00	3:15.00	3:20.00	3:22.00
	400	5:50.00	5:50.00	5:50.00	<b>14yrs &amp; Under 6:05.00</b>					

**Minimum age for M/C events is 10 years**

**NO QUALIFYING TIMES FOR M/C EVENTS**