



MINGARA
AQUATIC
SWIM CLUB

Mingara Aquatic Swimming Club

SUMMER LONG COURSE QUALIFYING MEET

Saturday 9th February 2019

MINGARA DRIVE, TUMBI UMBI

Indoor grandstand, grassed area, ample free parking available

BBQ & kiosk available - Entries limited to 1500



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SWIM CLUB

Warm up 8am

Start 9am

B	G	AGE	DIST	STROKE	Q.Time (M)	Q.Time (F)
1	2	12yr/O	400m	Freestyle	5:25.50	5:41.00
3	4	10yrs/U	50m	Freestyle	49.00	52.00
5	6	11/12/13yrs	50m	Freestyle	44.00	46.00
7	8	14yrs/O	50m	Freestyle	38.00	41.50
9	10	10yrs/O	200m	Butterfly	3:05.00	3:18.00
11	12	10yrs/U	100m	Backstroke	1:50.50	1:52.50
13	14	11/12/13yrs	100m	Backstroke	1:45.50	1:47.00
15	16	14yrs/O	100m	Backstroke	1:31.50	1:37.00
17	18	10yrs/U	50m	Butterfly	51.00	59.00
19	20	11/12/13yrs	50m	Butterfly	46.00	51.50
21	22	14yrs/O	50m	Butterfly	39.00	42.00
23	24	10yrs/O	200m	Freestyle	2:56.00	2:58.50
25	26	14yrs/O	100m	Breaststroke	1:48.00	1:52.50
27	28	11/12/13yrs	100m	Breaststroke	2:03.50	2:04.50
29	30	10yrs/U	100m	Breaststroke	2:06.50	2:07.00
31	32	12yr/O	400m	Ind Medley	6:05.00	6:20.00
33 331	34 341	12yr/O	1500m	Freestyle *400m QT	19:20:00 *5:25:50	22:00:00 *5:41:00

B	G	AGE	DIST	STROKE	Q.Time (M)	Q.Time (F)
35	36	10yrs/U	200m	Ind Medley	3:12:50	3:23:50
37	38	11/12/13yrs	200m	Ind Medley	3:12:50	3:23:50
39	40	14yrs/O	200m	Ind Medley	3:01:50	3:10:00
41	42	10yrs/U	50m	Backstroke	56.00	1:02:00
43	44	11/12/13yrs	50m	Backstroke	51.50	55.50
45	46	14yrs/O	50m	Backstroke	42.00	46.00
47	48	10yrs/O	200m	Breaststroke	3:40:00	3:45:00
49	50	10yrs/U	100m	Butterfly	1:50:00	2:00:00
51	52	11/12/13yrs	100m	Butterfly	1:36:00	1:48:00
53	54	14yrs/O	100m	Butterfly	1:22:00	1:35:50
55	56	10yrs/U	50m	Breaststroke	59.00	1:09:00
57	58	11/12/13yrs	50m	Breaststroke	55.50	1:02:00
59	60	14yrs/O	50m	Breaststroke	46.00	53.00
61	62	10yrs/O	200m	Backstroke	3:15:50	3:20:00
63	64	10yrs/U	100m	Freestyle	1:38:00	1:38:00
65	66	11/12/13yrs	100m	Freestyle	1:32:00	1:33:50
67	68	14yrs/O	100m	Freestyle	1:19:00	1:26:00
69 691	70 701	12yr/O	800m	Freestyle *400m QT	11:17:00 *5:25:50	13:00:00 *5:41:00

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
- Qualifying Times apply to all listed events. Swimmers slower than the qualifying time are ineligible to enter that event
- 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
- 1500m enter EITHER event 33/34 (use 1500m Free QT) or event 331/341 (use 400m Free QT). These events will be run together.
- 800m enter EITHER event 69/70 (use 800m Free QT) or event 691/701 (use 400m Free QT). These events will be run together.
- Entries close: Tuesday 5th February 2019 or when the timeline of 4pm is reached
- Entry fees \$6.00 per individual event
- Programs available for download
- Age as at 9th February 2019
- Pool entry applies Club nominated Coaches FREE. Please email coaches name 1 week prior to meet.
- BBQ will operate on the day
- Refunds: Please choose your events carefully as "NO REFUND POLICY APPLIES TO THIS MEET"
- Results will be available on meet mobile (unofficial)
- Visiting clubs will be asked to assist with timekeeping during the meet
- All events are timed finals and results will be forwarded to NSW Swimming and Coast and Valley for approval

AWARDS

- Medals will be awarded to the first 3 place getters for all 50m & 100m events in the following age groups: 8yrs/U, 9yrs, 10yrs, 11yrs, 12yrs & 13yrs. Cash prizes will be awarded to the first 3 place getters in the 14yrs/O events
- Medals will be award to the first 3 place getters for all 200m, 400m, 800m & 1500m events.
- All enquiries to: Race Secretary Email: racesecretary@mingaraaquatic.com

MINGARA AQUATIC SWIMMING CLUB IS PROUDLY SPONSORED BY



MINGARA
Life's Great!