



MLC Aquatic Swimming Club



# MLC Aquatic Long Course Meet



Sunday 10th February 2019

Proposed National Qualifying Meet

Melbourne Sports & Aquatic Centre - Outdoor Facility

Male	Qualifying Time	Age	Distance	Stroke	Qualifying Time	Female
Pool Entry: 7.30am			Morning Session Commences 8.30am			
1		13 & U	200	Free		2
3		13 & U	100	Breaststroke		4
5		13 & U	50	Butterfly		6
7		13 & U	200	Backstroke		8
9		13 & U	100	Freestyle		10
11		13 & U	50	Breaststroke		12
13		13 & U	200	Individual Medley		14
15		13 & U	100	Backstroke		16
17		13 & U	200	Butterfly		18
19		13 & U	200	Breaststroke		20
21		13 & U	50	Freestyle		22
23		13 & U	100	Butterfly		24
25		13 & U	50	Backstroke		26
27	5:15	OPEN	400	Freestyle	5.30	28
<b>SESSION 2</b>						
29	5.45	OPEN	400	Individual Medley	6.00	30
31		14 & O	200	Freestyle		32
33		14 & O	200	Backstroke		34
35		14 & O	50	Breaststroke		36
37		14 & O	100	Freestyle		38
39		14 & O	50	Butterfly		40
41		14 & O	200	Individual Medley		42
43		14 & O	100	Butterfly		44
45		14 & O	50	Backstroke		46
47		14 & O	200	Breaststroke		48
49		14 & O	200	Butterfly		50
51		14 & O	100	Backstroke		52
53		14 & O	50	Freestyle		54
55		14 & O	100	Breaststroke		56
57		MIXED OPEN	800	Freestyle (one 1 heat) – first 10 to register	10.30	



# MLC Aquatic Long Course Meet

## Rules & Regulations



1. Entries - \$12.00 per event to registered SV swimmers (includes SV splash levy). MSAC entry free to all persons.
2. Session 1 - 13 & Under events and OPEN 400 Free - medals awarded to 13/12, 10/11, 9 & under age groups.
3. Session 2 - Starts at event 29 and is 14 & Over plus OPEN 400 IM and 800 free.
4. 400, 800 free plus 400IM events all have qualifying times.
5. Events 57 (mixed 800 free) will be only 1 heat (minimum of 5 required) - first 10 to register via email at [mlcaquatic@hotmail.com](mailto:mlcaquatic@hotmail.com) and meet the qualifying time will swim.
6. Age of competitors as at 10 February 2019.
7. Entries close 12.00 midnight Friday 1st February 2019.
8. **ONLINE ENTRIES** are the only method of entry for this meet. No paper entries or TM files will be accepted
9. If entry limit is exceeded prior to 1st February MLC Aquatic will close off entries prior to 1st February.
10. No refunds will be given for any circumstances.
11. A timeline and athlete roster will be available at [www.mlcaquatic.swimming.org.au](http://www.mlcaquatic.swimming.org.au) by Thursday 7th February.
12. Meet enquiries to [mlcaquatic@hotmail.com](mailto:mlcaquatic@hotmail.com)
13. MLC Aquatic reserves the right to cancel or alter events.
14. Pool entry free for spectators & swimmers
15. The meet will be conducted under the rules of SAL and SV guidelines and is a proposed qualifying meet subject to SV approval.