



Swimming Metro North West 2018 Winter Championships



Sydney Olympic Park Aquatic Centre

Sessions 1 & 2 Saturday 9th June 2018

Warm-up 8:00 am Session 1 commences 9:00 am

BOYS		EVENT			GIRLS	
Event	Qual. Time	Age	Distance	Event	Qual. Time	Event
SESSION 1						
1	3:10.00	10 & Under	200	Freestyle	3:25.00	2
3	2:33.00	11-13 yrs	200	Freestyle	2:38.00	4
5	2:20.00	14 & Over	200	Freestyle	2:27.00	6
7		Multiclass	100	Butterfly		8
9	1:40.00	9/10 yrs	100	Butterfly	1:42.00	10
11	1:33.00	11/12 yrs	100	Butterfly	1:35.00	12
13	1:23.00	13/14 yrs	100	Butterfly	1:26.00	14
15	1:18.00	15/16 yrs	100	Butterfly	1:24.00	16
17	1:14.00	17 & Over	100	Butterfly	1:22.00	18
19		Multiclass	50	Freestyle		20
21	56.00	9 & Under	50	Freestyle	56.00	22
23	48.00	10/11 yrs	50	Freestyle	49.00	24
25	40.00	12 & over	50	Freestyle	41.00	26
27		Multiclass	100	Backstroke		28
29	1:38.00	9/10 yrs	100	Backstroke	1:38.00	30
31	1:32.00	11/12 yrs	100	Backstroke	1:32.00	32
33	1:22.00	13/14 yrs	100	Backstroke	1:24.50	34
35	1:16.50	15/16 yrs	100	Backstroke	1:22.00	36
37	1:15.50	17 & over	100	Backstroke	1:22.00	38
39	3:15.00	13 & Under	200	Breaststroke	3:20.00	40
41	2:59.00	14 & Over	200	Breaststroke	3:09.00	42
SESSION 2						
43		10 & Under	4 x 50	Medley Relay		44
45		12 & Under	4 x 50	Medley Relay		46
47		14 & Under	4 x 50	Medley Relay		48
49		15 & Over	4 x 100	Medley Relay		50
51	19:00.00	Open	1500	Freestyle		
		Open	800	Freestyle	10:45.00	52
53		Multiclass	50	Butterfly		54
55	1:00.00	9 & Under	50	Butterfly	1:00.00	56
57	55.00	10/11 yrs	50	Butterfly	55.00	58
59	41.00	12 & Over	50	Butterfly	43.00	60
61		Multiclass	100	Breaststroke		62
63	2:00.00	9/10 yrs	100	Breaststroke	2:00.00	64
65	1:45.00	11/12 yrs	100	Breaststroke	1:45.00	66
67	1:40.00	13/14 yrs	100	Breaststroke	1:43.00	68
69	1:33.00	15/16 yrs	100	Breaststroke	1:37.00	70
71	1:33.00	17 & Over	100	Breaststroke	1:37.00	72
73	5:40.00	Open	400	IM	5:55.00	74

- Individual entries \$8.50 each. Relays \$12.00 per team.
- Swimmers may enter both the 50m and 100m of each stroke.
- **Entry to individual events by online entry only and close at 11:59pm Wednesday 30th May 2018.**
- Online relay entries close 11:59pm Sunday 3rd June 2018.
- The top 10 times received in 1500m and 800m will be accepted and one heat of each will be programmed.
- **NO LATE ENTRIES ACCEPTED.** Refer to Conditions Of Entry for more details.



Swimming Metro North West 2018 Winter Championships



Sydney Olympic Park Aquatic Centre
Sessions 3 & 4 Sunday 10th June 2018

Warm-up 8:00 am Session 3 commences 9:00 am

BOYS		EVENT			GIRLS	
Event No	Qual. Time	Age	Distance	Event	Qual. Time	Event No
SESSION 3						
75	2:55.00	13 & Under	200	Butterfly	3:02.00	76
77	2:43.00	14 & Over	200	Butterfly	2:55.00	78
79		Multiclass	100	Freestyle		80
81	1:28.00	9/10 yrs	100	Freestyle	1:28.00	82
83	1:18.00	11/12 yrs	100	Freestyle	1:19.00	84
85	1:14.00	13/14 yrs	100	Freestyle	1:13.50	86
87	1:09.50	15/16 yrs	100	Freestyle	1:13.00	88
89	1:09.50	17 & Over	100	Freestyle	1:13.00	90
91		Multiclass	50	Backstroke		92
93	1:00.00	9 & Under	50	Backstroke	1:00.00	94
95	57.00	10/11 yrs	50	Backstroke	58.00	96
97	49.00	12 & Over	50	Backstroke	49.00	98
99	3:05.00	11/12 yrs	200	IM	3:10.00	100
101	2:45.00	13/14 yrs	200	IM	2:53.00	102
103	2:35.00	15/16 yrs	200	IM	2:48.00	104
105	2:35.00	17 & Over	200	IM	2:48.00	106
107	Mixed Open 10 x 50 Handicap Relay					
SESSION 4						
109		10 & Under	4 x 50	Freestyle Relay		110
111		12 & Under	4 x 50	Freestyle Relay		112
113		14 & Under	4 x 50	Freestyle Relay		114
115		15 & Over	4 x 100	Freestyle Relay		116
117	5:25.00	13 & Under	400	Freestyle	5:30.00	118
119	5:15.00	14/15 yrs	400	Freestyle	5:20.00	120
121	4:53.00	16 & Over	400	Freestyle	5:19.00	122
123		Multiclass	50	Breaststroke		124
125	1:14.00	9 & Under	50	Breaststroke	1:14.00	126
127	1:00.00	10/11 yrs	50	Breaststroke	1:02.00	128
129	52.00	12 & Over	50	Breaststroke	53.00	130
131	1:50.00	10 & Under	100	IM	1:50.00	132
133	1:35.00	11/12 yrs	100	IM	1:35.00	134
135	1:21.00	13/14 yrs	100	IM	1:24.00	136
137	1:16.00	15/16 yrs	100	IM	1:20.00	138
139	1:14.00	17 & Over	100	IM	1:19.00	140
141	2:47.00	13 & Under	200	Backstroke	2:51.50	142
143	2:38.00	14 & Over	200	Backstroke	2:44.00	144

- Individual entries \$8.50 each. Relays \$12.00 per team.
- Swimmers may enter both the 50m and 100m of each stroke.
- **Entry to individual events by online entry only and close at 11:59pm Wednesday 30th May 2018.**
- Online relay entries close 11:59pm Sunday 3rd June 2018.
- The top 10 times received in 1500m and 800m will be accepted and one heat of each will be programmed.
- **NO LATE ENTRIES ACCEPTED.** Refer to Conditions Of Entry for more details.



Swimming Metro North West

Conditions of Entry for 2018 Winter Championships Saturday 9th & Sunday 10th June 2018

Venue:

- Sydney Olympic Park Aquatic Centre, Homebush

Warm-up and Start Times:

- 9th June **Session 1** Warm-up 8:00am and Start 9:00am **Session 2** refer to timeline
- 10th June **Session 3** Warm-up 8:00am and Start 9:00am **Session 4** refer to timeline

Meet Details:

- Meet conducted according to Swimming NSW Rules.
- The Meet Director reserves the right to amend the program of events and conditions of entry as required.

Age of Competitor:

- As at 9th June, 2018.

Entry Fee:

- \$8.50 per individual event.
- \$12.00 per relay team.
- Pool entry free.
- Program free – download directly from our website metronwnsw.swimming.org.au.

Entry details:

- All entry times must have been achieved after 1st June 2016 and at an approved meet.
- **Online entries only** for individual events. Entries available at metronwnsw.swimming.org.au.
- Relay entry via ClubLANE only. No cards required, please enter swimmers in correct swimming order.
- Closing dates:
 - ❖ **Online individual entries close 11:59pm Wednesday 30th May 2018**
 - ❖ Online relay entries close 11:59pm Sunday 3rd June, 2018.
- **No Late Entries Accepted.**
- **A no refunds policy applies.**

Special Conditions:

- Competitors must be registered first claim members of a Swimming Metro North West affiliated club.
- A no refunds policy applies.
- All competitors must swim in their own age group.
- Competitors are able to swim in open events if they have achieved the qualifying time.
- Competitors may enter **BOTH** the 50m and the 100m distance of each individual stroke.
- All events have a qualifying time.
- **Any entry found not to comply with entry conditions will be removed and the entry fee will be forfeited.**
- Withdrawal from events for a session, day or the whole meet requires completion of a withdrawal form by the swimmer, their coach, or their team manager. Withdrawal forms will be available in marshalling and the recording room.
- All events are timed finals.
- Only one heat of the 1500m for men and 800m for women will be conducted at the championships. Those who do not qualify in the top ten will be nominated as reserves and will have their entry fees refunded after the carnival should they not swim. To confirm each swimmer's intention to swim these events, a club representative or the swimmer must report to the Competitions Secretary prior to the end of the Session before the scheduled Session in which the events are to be contested. Failure to report to the Competitions Secretary may result in the swimmer being removed from the relevant event.
- The use of backstroke ledges will not be permitted.
- By entering, entrants are declaring themselves fit to compete at a Swimming Metro North West Meet (or if under the age of 18 years their parent or guardian). In the event that an entrant experiences a medical issue whilst competing at, or during a Swimming Metro North West Meet, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at the meet. The Meet Director will have the sole authority to adjudicate on this rule.

Qualifying times:

- All events have qualifying times and these times **MUST** have been achieved at an **approved** meet.
- **Any entry found not to have been achieved or achieved at a meet which has not been approved will be removed and the entry fee forfeited.**
- Points will not be awarded if the qualifying time is not achieved.

Multi-Class Swimmers

- Swimmers in multi-class events must produce their Exception Card to the Referee prior to start of each session.
- Multi-class swimmers may compete in general events providing they have achieved any required qualifying time and will be refereed to SNSW By-Laws and Rules GR1-26 & SW1-13 if their Exception Card is not produced to the Referee prior to the start of the session.
- Multi-class results for Multi-class events will be calculated to the Australian Paralympic Points system supplied with Meet Manager.
- Multi-class events shall be single gender but may be swum as a mixed event. Results will be posted and awarded as single gender.
- The following events have been designated championship events for the purpose of collating points for Multi-class Champion:
 - ❖ All Multi-class 50m events
 - ❖ All Multi-class 100m events
- Awards will be made for a boy and a girl champion.
- Championship points will only be awarded in designated championship events. A swimmer must have swum in at least 50% of available championship events to be eligible for a Multi-class Champion award.
- Any Multi-class swimmer attempting to break a Multi-class record must inform the referee of their intentions prior to the start of the session. Failure to do this may result in any record achieved not being ratified.

Championship Status for Individual Events

- Points will be awarded in individual age groups for combined age group events.
- The following events have been designated championship events for the purpose of collating points for age champions:
 - ❖ 8 years and under - 50m freestyle, backstroke, breaststroke, butterfly, 100m individual medley, 200m freestyle
 - ❖ 9 and 10 years - 100m freestyle, backstroke, breaststroke, butterfly, individual medley, 200m freestyle
 - ❖ 11 to 17 years and over - 100m freestyle, backstroke, breaststroke, butterfly, 200m individual medley, 400m freestyle

Age Champions

- Awards will be made for a boy and a girl champion for the following age groups:
 - ❖ 8 years and under, 9, 10, 11, 12, 13, 14, 15, 16, 17 years and over.
- Age championship points will only be awarded in designated championship events. A swimmer must have swum in at least 50% of available championship events to be eligible for an Age Champion award.
- An individual age point score trophy will be awarded to each boy and girl who gains the most points in the nominated age championship events.
- Points will **not** be awarded if the qualifying time has not been achieved.

Awarding of Medals

- Medals will be awarded to the first three placegetters as follows:
 - ❖ 50m events, 100m events, 200m freestyle: each championship age group as above
 - ❖ Other 200m events, 400m freestyle: age groups 10 & under, 11, 12, 13, 14, 15, 16, 17 & over.
 - ❖ All other events, including multi-class and relays: top three overall
- Medals will **not** be awarded if the qualifying time has not been achieved.

Team Awards

- The Club scoring the most number of points in all individual events (excluding the Handicap Relay) will be awarded the Club Pointscore Trophy. Points will **not** be awarded if the qualifying time is not achieved.
- The Club scoring the most number of points in all relay events, excluding the Handicap Relay, will be awarded the Relay Pointscore Trophy.
- A trophy will be awarded to the winning club of the Handicap Relay.
- A Small Clubs trophy will be awarded to the club which is in the smallest 50% of teams entered or has entries less than 5.5% of the total entries, whichever is the lesser, and has scored the highest number of points per swimmer.

Relay Events

- Each Club may enter one team only per event.
- Clubs may swim up a competitor, but such swimmers may swim in one age group only for these relays.
- Swimmers' names, including reserves, for all relays (except the Handicap Relay) must be submitted in online entries in the nominated swimming order.
- Any **alterations** to relays (excluding the Handicap relay) must be submitted on a Relay Form and signed by the club's Race Secretary or Team Manager. The Relay Form must be submitted before start of competition each day.
- Swimmers must swim in nominated order and reserves must be nominated to swim.
- Swimmers' names for the Handicap Relay are to be submitted on the Handicap Relay Form before the start of competition on the relevant day.
- Smaller clubs who cannot field a 10 x 50m handicap freestyle team can combine with another club to form one relay team.

Handicap Relay

- 10 x 50m freestyle.
- Any 10 swimmers.
- All teams to be handicapped on entry times.
- All teams will be handicapped together, with the first team starting on GO and all other teams on their appropriate starting numbers which will be advised at the start of the race.
- The result will be determined as the fastest team which does not exceed the break time by more than 20 seconds. **Any team which exceeds the break time by more than 20 seconds will be disqualified.**
- Smaller clubs can combine with another club to form one relay team in this event only.
- Swimmers' names are to be submitted before the start of competition on the relevant day.

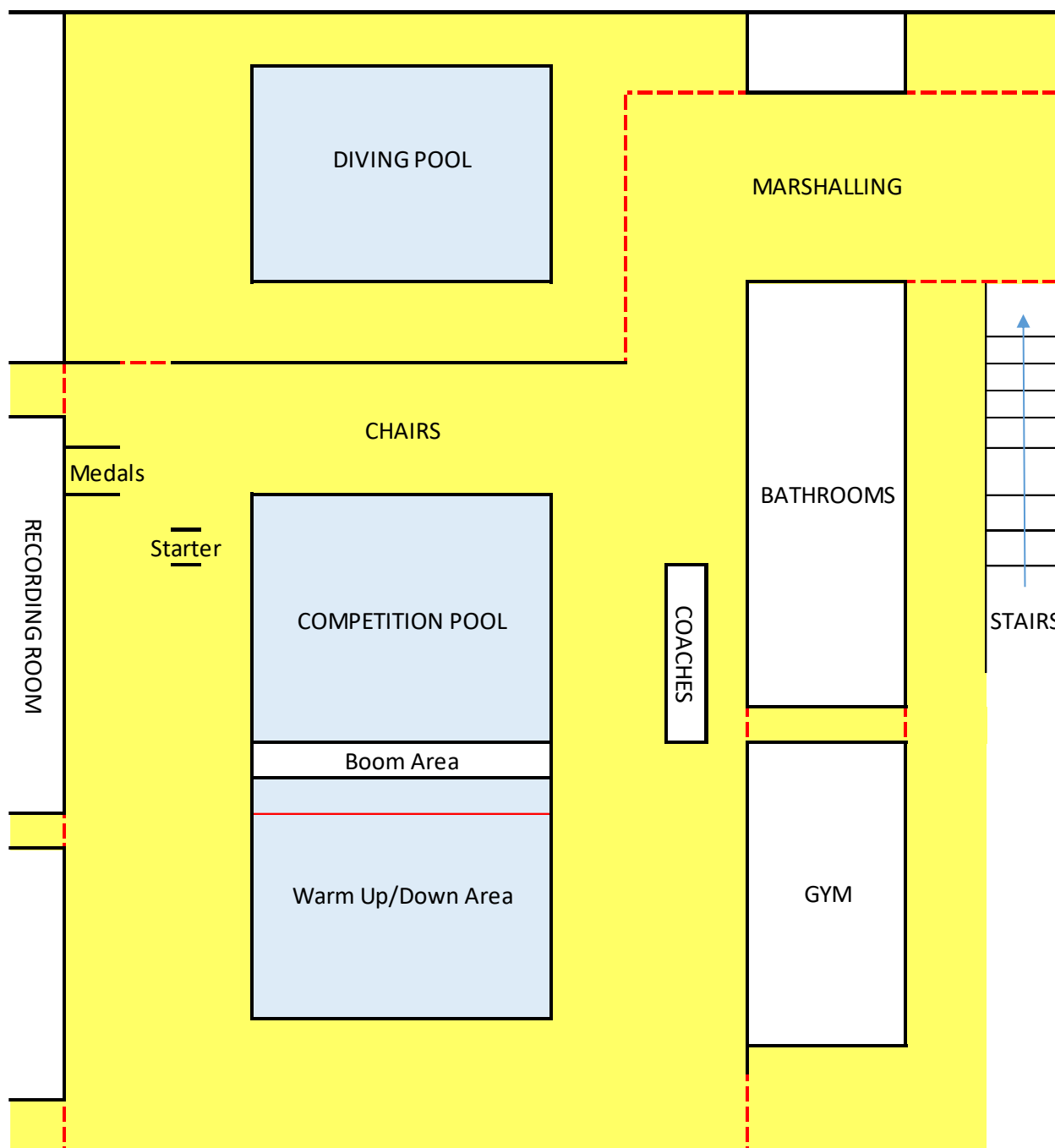
Age Group Relays

- All age group relays are single gender.
- Clubs may swim up one boy or one girl in each group only, but such swimmers may swim in one age group only for these relays.
- A swimmer can be swum up in both the freestyle relay and the medley relay.

Enquiries

- Contact Nick Keith via email at compsecsmnw@gmail.com

COMPETITION AREA AT SOPAC



- The area shaded in yellow is designated the Competition Area. NO spectators are permitted in this area.
- Only competitors currently marshalling for events are permitted in the Marshalling Area.
- Competitors are permitted in the Coaches area before and after their event specifically for the purpose of discussing the event. Once the discussion has taken place the competitor **MUST** leave the area immediately.
- Competitors are not permitted to be in the designated Competition Area unless currently competing in an event or having marshalled for an event.
- Whilst in the Competition Area all coaches **MUST** display their ASTCA accreditation.
- Competitors are permitted in the Competition Area to collect medals.
- Competitors may not leave bags in the area around the diving pool or warm up areas. Bags left in these areas may be moved by the Meet Director.