

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Saturday 16th June 2018

Session One

Warm Up 8:00am

Start Time: 9:00am

M	F	Age	Dist	Event	Qualifying Times	
1	2	Open	400m	Freestyle	5:00.00	5:20.00
3	4	10 Years	200m	Individual Medley	4:00.00	4:00.00
5	6	12 Years	100m	Butterfly	1:50.00	1:55.00
7	8	16 Years	200m	Individual Medley	3:10.00	3:15.00
9	10	Senior (17/Over)	50m	Freestyle	35.00	38.00
11	12	Multi Class	50m	Butterfly		
13	14	14 Years	100m	Backstroke	1:40.00	1:45.00
15	16	9/Under	100m	Freestyle	2:30.00	2:30.00
17	18	Open	100m	Backstroke	1:30.00	1:32.00
19	20	13 Years	100m	Breaststroke	1:45.00	1:50.00
21	22	15 Years	100m	Butterfly	1:35.00	1:40.00
23	24	10 Years & Under	4x50m	Freestyle Relay	4:00.00	4:00.00
25	26	Open	50m	Freestyle	38.00	38.00
27	28	11 Years	100m	Backstroke	2:00.00	2:05.00
29	30	16 Years	100m	Freestyle	1:15.00	1:20.00
31	32	Open	200m	Individual Medley	2:55.00	3:00.00
33	34	10 Years	100m	Breaststroke	2:20.00	2:20.00
35	36	12 Years	200m	Individual Medley	3:25.00	3:30.00
37	38	15 Years & Over	4x50	Medley Relay	3:30.00	3:30.00
39	40	Multi Class	50m	Breaststroke		
	42	Open	800m	Freestyle		11:30.00

Session Two

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
43	44	Open	200m	Butterfly	2:55.00	3:00.00
45	46	9/Under	200m	Individual Medley	4:30.00	4:30.00
47	48	Senior (17/Over)	50m	Backstroke	42.00	45.00
49	50	Multi Class	50m	Freestyle		
51	52	12 Years	100m	Breaststroke	1:55.00	2:00.00
53	54	14 Years	200m	Individual Medley	3:15.00	3:20.00
55	56	16 Years	100m	Breaststroke	1:40.00	1:45.00
57	58	15 Years & Over	4x50m	Freestyle Relay	3:10.00	3:10.00
59	60	10 Years	100m	Butterfly	2:15.00	2:15.00
61	62	Open	200m	Backstroke	2:55.00	3:00.00
63	64	9/Under	100m	Backstroke	2:50.00	2:50.00
65	66	13 Years	100m	Freestyle	1:20.00	1:25.00
67	68	15 Years	100m	Breaststroke	1:40.00	1:45.00
69	70	14 Years	100m	Freestyle	1:20.00	1:25.00
71	72	10 Years & Under	4x50m	Medley Relay	4:30.00	4:30.00
73	74	Multi Class	50m	Backstroke		
75	76	Open	50m	Butterfly	42.00	42.00
77	78	11 Years	100m	Butterfly	2:00.00	2:05.00
79	80	Open	100m	Breaststroke	1:45.00	1:46.00

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Sunday 17th June 2018

Session Three

Warm Up 8:00am

Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times	
81	82	Open	200m	Freestyle	2:30.00	2:30.00
83	84	11 Years	100m	Breaststroke	2:20.00	2:25.00
85	86	Open	50m	Breaststroke	50.00	50.00
87	88	13 & 14 Years	4x50	Freestyle Relay	3:20.00	3:20.00
89	90	8/Under	50m	Breaststroke (Non Championship)		
91	92	Senior (17/Over)	50m	Butterfly	42.00	45.00
93	94	12 Years	100m	Backstroke	1:45.00	1:50.00
95	96	13 Years	200m	Individual Medley	3:10.00	3:16.00
97	98	16 Years	100m	Butterfly	1:31.00	1:35.00
99	100	10 Years	100m	Backstroke	2:15.00	2:15.00
101	102	Open	200m	Breaststroke	3:10.00	3:20.00
103	104	14 Years	100m	Butterfly	1:40.00	1:45.00
105	106	15 Years	100m	Backstroke	1:35.00	1:40.00
107	108	11 & 12 Years	4x50	Medley Relay	4:00.00	4:00.00
109	110	9/Under	100m	Breaststroke	2:55.00	2:55.00
111	112	8/Under	50m	Backstroke (Non Championship)		
113	114	Open	100m	Individual Medley	1:15.00	1:20.00
115	116	13 Years	100m	Butterfly	1:40.00	1:45.00
117	118	11 Years	100m	Freestyle	1:50.00	1:55.00
119		Open	1500	Freestyle	20:00.00	

Session Four

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
120		Mixed	10x50m	Freestyle Relay		
121	122	Open	400m	Individual Medley	5:40.00	6:00.00
123	124	9/Under	100m	Butterfly	2:55.00	2:55.00
125	126	8/Under	50m	Butterfly (Non-Championship)		
127	128	Open	50m	Backstroke	42.00	42.00
129	130	13 & 14 Years	4x50m	Medley Relay	3:50.00	3:50.00
131	132	Senior (17/Over)	50m	Breaststroke	51.00	54.00
133	134	12 Years	100m	Freestyle	1:25.00	1:30.00
135	136	15 Years	200m	Individual Medley	3:10.00	3:15.00
137	138	16 Years	100m	Backstroke	1:35.00	1:40.00
139	140	10 Years	100m	Freestyle	2:00.00	2:00.00
141	142	Open	100m	Freestyle	1:20.00	1:21.00
143	144	11 Years	200m	Individual Medley	3:50.00	3:55.00
145	146	13 Years	100m	Backstroke	1:40.00	1:45.00
147	148	14 Years	100m	Breaststroke	1:45.00	1:50.00
149	150	15 Years	100m	Freestyle	1:15.00	1:20.00
151	152	8/Under	50m	Freestyle (Non-Championship)		
153	154	Open	100m	Butterfly	1:35.00	1:36.00
155	156	11 & 12 Years	4x50m	Freestyle Relay	3:50.00	3:50.00

CONDITIONS OF ENTRY

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. **Only swimmers from the Metro South West Area are eligible to attend.**
3. All Events are Timed Finals.
4. Entries to be submitted by the Race Secretary of the club with a Team Manager electronic file. Online entries are also available. Approved and non-approved times will be accepted.
5. Entry Fees: \$8.00 per championship event.
 \$6.00 per non-championship event.
 \$10.00 per relay event
6. Entries Close: Tuesday 5th June 2018 for both electronic and online entries
7. Age as at: 16th June 2018
8. Pool Entry: Adults \$7-00 per day / \$10-00 Meet Pass
9. Programmes: \$7-00 per day / \$10-00 Meet Program.
10. Championship medals will be awarded to 1st, 2nd, 3rd placegetters in all events and non-championship medals to 8 years and under events.
11. Finalists ribbons will be awarded for 4th to 10th in all individual events
12. **Event 120** must have 5 males and 5 females. This is a non-championship event and no point score will be awarded
13. Points will be awarded to championship and relay events only.
14. **8 years and under swimmers can't compete in both 8/u non-championship and 9/u championship events of the same stroke**
15. Age point score will be awarded in the following age groups:
 9 Years and Under Boys and Girls
 10 Years Boys and Girls
 11 Years Boys and Girls
 12 Years Boys and Girls
 13 Years Boys and Girls
 14 Years Boys and Girls
 15 Years Boys and Girls
 16 Years Boys and Girls
 Senior Boys and Girls (17 Years and Over)
 Open Mens and Womens
16. No Phone or Late Entries will be accepted.

Forward all entries to: The Registrar
Swimming Metro South West Inc
215 York Road
South Penrith NSW 2750

Enquiries: Kathy Thompson
Phone: 0419 144524
Email: registrar@metrosw.org.au

Electronic files <http://metroswsw.swimming.org.au/>
Online Entries <https://connect.swimming.org.au/sal-wrap-public/workflows/MEMBER.EVENT.DETAIL&dbWorkflowKey=016185>