



**Swimming Metro South West**  
**Long Course Qualifying Meet**  
**Sunday 6<sup>th</sup> January 2019**  
**Sydney Olympic Park Aquatic Centre**

\*\* Warm Up 8:00am

\*\*Start 9.00 am

M	QT	F	QT	AGE	DIST	STROKE
1	5:40.00	2	6:00.00	Open	400m	I.M.
3	1:05.00	4	1:05.00	11/Under	50m	Back
5	55.00	6	55.00	12/Over	50m	Back
7	1:50.00	8	1:50.00	11/Under	100m	Fly
9	1:40.00	10	1:40.00	12/Over	100m	Fly
11	2:40.00	12	2:45.00	Open	200m	Free
13	1:10.00	14	1:10.00	11/Under	50m	Breast
15	1:00.00	16	1:00.00	12/Over	50m	Breast
17	1:50.00	18	1:50.00	11/Under	100m	Back
19	1:40.00	20	1:40.00	12/Over	100m	Back
21	3:20.00	22	3:20.00	Open	200m	Breast
23	11:00.00 (800)	Mixed	21:00.00 (1500)	Open	800m/1500m	Free
30 minute break						
25	5:20.00	26	5:30.00	Open	400m	Free
27	3:10.00	28	3:15.00	Open	200m	I.M.
29	55.00	30	55.00	11/Under	50m	Free
31	45.00	32	45.00	12/Over	50m	Free
33	2:00.00	34	2:00.00	11/Under	100m	Breast
35	1:50.00	36	1:50.00	12/Over	100m	Breast
37	3:00.00	38	3:00.00	Open	200m	Back
39	1:05.00	40	1:05.00	11/Under	50m	Fly
41	55.00	42	55.00	12/Over	50m	Fly
43	1:40.00	44	1:40.00	11/Under	100m	Free
45	1:30.00	46	1:30.00	12/Over	100m	Free
47	3:00.00	48	3:00.00	Open	200m	Fly

**THIS MEET WILL BE LIMITED TO THE FIRST 2000 ENTRIES**

**Swimmers from all Areas are welcome to attend**  
**CONDITIONS OF ENTRY**

1. Meet conducted under the rules of SNSW Ltd and is an Area approved/conducted Meet
2. All Events are Timed Finals.
3. **Entries to be submitted online or Team Manager**
4. **Entry Fees \$8.00** per individual event
5. **Entries Close: Sunday 23/12/2018 (or earlier if limit is reached)**
6. Age as at 6<sup>th</sup> January 2019
7. 7. Pool Entry. \$6.00 Adults Swimmers/Children Free **Programs available on MSW website for free on the Thursday prior to the meet. NO PROGRAMS WILL BE SOLD ON THE DAY.**
8. Medals will be awarded as follows:
  - i. 50m events – 8/U, 9, 10, 11, 12, 13, 14, 15/O
  - ii. 100m events – 10/U, 11, 12, 13, 14, 15/O
  - iii. 200/400m events – Open Event
  - iv. 800/1500 – is a Time Trial Event and no medals will be awarded.
9. No Phone or Late Entries will be accepted.
10. Multi-Class swimmers outside the qualifying times may email a request to swim
11. The Meet Director reserves the right to amend the program & conditions of entry.

**Enquiries:**

**Kathy Thompson 0419144524**

**Online Entries:**

<http://metroswsw.swimming.org.au>

**Email:**

[registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)

**Mail:**

**215 York Rd Sth Penrith NSW 2750**