

# LITHGOW SWIMMING CLUB



## Twilight Qualifying Meet Saturday 8<sup>th</sup> December 2018

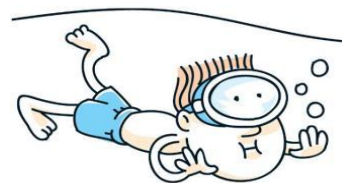
9 lane 50m pool!!

Wet deck, waveless ropes, adjustable track start blocks.

50m Free Sprint Classic with over \$300 in cash prizes

Dear Swimming Clubs,

Lithgow Swimming Club is delighted to invite you to attend our Annual Twilight Meet at the JM Robson Aquatic Centre in Lithgow. The competition will be conducted in our 50m x 9 lane pool heated to 28°C and incorporating wet edge, waveless lane ropes and adjustable track start diving blocks. Warmup/cooldown water will also be made available in our 25m indoor facility for competitors.



**Date:** Saturday 8<sup>th</sup> December 2018.

**Time:** 1:00 pm meet start, with warm up at 12:00 noon.

**Age:** As at 8<sup>th</sup> December 2018.

**Eligibility:** Entry is open to any SNSW registered **COMPETITIVE** swimmer. Only swimmers 10 years and over are eligible to enter Open Events. Swimmers 8yrs and under can only enter either the 25m or 50m event of each stroke, not both.

**Fee:** \$6 per individual event for online entries.

**Late Entries:** Will be accepted only if there is an empty lane. No new heats will be created. Late entries will be \$25 per event.

**Nominations:** All event nominations should be submitted via the online entry system through MyLane

**Entries Close:** Friday 1<sup>st</sup> December 2018 or when timeline limit is reached

**GET YOUR ENTRIES IN EARLY AS NUMBERS WILL BE CAPPED TO COMPLY WITH TIMELINE RESTRICTIONS.**

**Rules:** SNSW rules will apply.

**Medals:** Medals will be presented to the three fastest times in the 50m events in each age group as follows:

- 8 years and under, 9/10yrs, 11/12yrs

For 100m events medals will be presented to the three fastest times for 11/12yrs and 10yrs & under only.

Prize money will be awarded to the three fastest times in each age group as follows:

- 13/14yrs, 15yrs & over & Open

**Timekeeping:** Each Club will be required to assist with timekeeping. A time keeping roster will be sent closer to the meet date.

**Warm up Pool:** The 25m pool will be available for warm up during the day.

The aquatic centre has vending machines that sell a limited range of cold drinks, refreshments and coffee.

The pool has a shaded concrete seated grandstand that holds approx 200 spectators. A large grassed area is also available for club marquees.

For more info about the Meet or nomination enquiries, please contact Race Secretary Rachel Kennedy by email [lithgowracesecretary@outlook.com](mailto:lithgowracesecretary@outlook.com)

*We look forward to an exciting days racing and welcoming you to our club on*

**Saturday 8<sup>th</sup> December 2018.**

## PROGRAM OF EVENTS

Event	Event					Event	Event				
Boys	Girls	Age	Distance	Stroke	QT	Boys	Girls	Age	Distance	Stroke	QT
1	2	Open	200	BK	3:20.00	39	40	13&o	100	BF	
3	4	10&u	100	Free		41	42	Open	400	Free	5:41.00
5	6	11/12yr	100	Free		43	44	10&u	50	BK	
7	8	13 & over	100	Free		45	46	11/12yr	50	BK	
9	10	8&u	25	BF		47	48	13&o	50	BK	
11	12	Open	200	BF	3:18.00	49	50	10&u	100	BRS	
13	14	10&u	50	BRS		51	52	11/12yr	100	BRS	
15	16	11/12 yr	50	BRS		53	54	13&o	100	BRS	
17	18	13&o	50	BRS		55	56	8&u	25	BRS	
19	20	10&u	100	BK		57	58	Open	200	Free	2:58.50
21	22	11/12 yr	100	BK		59	60	10&u	50	BF	
23	24	13&o	100	BK		61	62	11/12yr	50	BF	
25	26	8&u	25	BK		63	64	13&o	50	BF	
27	28	Open	200	BRS	3:45.00	65	66	12&u	200	IM	3:20.00
29	30	10&u	50	Free		67	68	13&o	200	IM	3:10.00
31	32	11/12yr	50	Free		69	70	8&u	25	Free	
33	34	13&o	50	Free		71	72	12&u	100	FR DFC	
35	36	10&u	100	BF		73	74	13&o	100	FR DFC	
37	38	11/12yr	100	BF							

**SATURDAY 8<sup>th</sup> DECEMBER 1.00PM START.  
WARMUP from 12.00NOON**