

# Cowra Amateur Swimming Club Inc.

## Annual Qualifying Meet: Saturday 17th and Sunday 18th November 2018

**17th Nov: W-up 4.00pm, Start 5.00pm**

**18th Nov: W-up 8.00am, Marshall: 8.45am**

M	F	AGE	EVENT
1	2	OPEN	200m Breaststroke
3	4	OPEN	400m Freestyle
5	6	OPEN	200m Backstroke
7	8	OPEN	200m Butterfly
9	10	OPEN	400 IM
11	12	OPEN	800m/1500m Freestyle

**Cowra Aquatic Centre** Heated 50m, 7 lane  
**Taragala Street,** Outdoor pool  
**COWRA NSW 2794** Semi-Automatic Timing

### Meet Information:

- The Meet Director reserves the right to amend the program if required.
- The meet offers all races required for a Qualifying Meet (under the SNSW Competition Strategy) with optional extra Races of 800m/1500m Freestyle, 400m IM, 4 x 50m Freestyle and Medley relays.
- A BBQ will run on Sunday morning and lunch time.
- Full canteen facilities available.
- Teams requiring accommodation are encouraged to contact the Meet Director.
- Enquiries to the Meet Director:  
 Hugh Scammell – 0417 410 928



M	F	AGE	EVENT
13	14	OPEN	200 IM
15	16	8 yrs & under	50 m Butterfly
17	18	9 - 10 yrs	50 m Butterfly
19	20	11 - 12 yrs	50 m Butterfly
21	22	13 - 14 yrs	50 m Butterfly
23	24	15 yrs & over	50 m Butterfly
25	26	Beginners	25 m Butterfly
27	28	Multiclass	50 m Butterfly
29	30	All Age	100 m Backstroke
31	32	Medley Relay	4 x 50 m
33	34	8 yrs & under	50 m Freestyle
35	36	9 - 10 yrs	50 m Freestyle
37	38	11 - 12 yrs	50 m Freestyle
39	40	13 - 14 yrs	50 m Freestyle
41	42	15 yrs & over	50 m Freestyle
43	44	Beginners	25 m Freestyle
45	46	Multiclass	50m Freestyle
47	48	All Age	100m Breaststroke
49	50	9 yrs & under	100 IM
		Proposed	Lunch Break
51	52	8 yrs & under	50 m Breaststroke
53	54	9 - 10 yrs	50 m Breaststroke
55	56	11 - 12 yrs	50 m Breaststroke
57	58	13 - 14 yrs	50 m Breaststroke
59	60	15 yrs & over	50 m Breaststroke
61	62	Beginners	25 m Breaststroke
63	64	Multiclass	50m Breaststroke
65	66	All Age	100 m Butterfly
67	68	OPEN	200 m Freestyle
69	70	Dobinson Cup	4 x 50m Free relay
71	72	8 yrs & under	50 m Backstroke
73	74	9 - 10 yrs	50 m Backstroke
75	76	11 - 12 yrs	50 m Backstroke
77	78	13 - 14 yrs	50 m Backstroke
79	80	15 yrs & over	50 m Backstroke
81	82	Beginners	25 m Backstroke
83	84	Multiclass	50 m Backstroke
85	86	All Age	100 m Freestyle

### Conditions of Entry:

1. Entries close on **Friday 9<sup>th</sup> November 2018. NO LATE ENTRIES OR PHONE ENTRIES ACCEPTED. ONLINE ENTRIES PREFERRED. ENTRIES MUST BE ACCOMPANIED BY ENTRY FEE.**
2. Qualifying Carnival approved by Mountains & Plains SA.
3. Swimming NSW rules will apply.
4. Online entries are welcome and encouraged. See Cowra Stingrays website <http://cowra.swimming.org.au/> or SNSW. Relay entries taken on the day. Medley relay entry due before Event 13, Dobson Cup relay entry due before Event 48. Enquiries: [racesecretarycowrastingrays@gmail.com](mailto:racesecretarycowrastingrays@gmail.com)
5. Entry fee is **\$4.00 per event.** Program is \$5.00.
6. Age as at 17<sup>th</sup> November 2018.
7. All events will be timed finals. Clubs will be allocated lanes to assist in timekeeping.
8. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all U8 yrs and Beginner events and for each age in All Age events in the following age groups: U/9 yrs, 10 yrs and 11 yrs. A Cash prize system will be awarded to swimmers in 12 yrs, 13 yrs, 14 yrs and 15 & over yrs age groups. (1<sup>st</sup> = \$10, 2<sup>nd</sup> = \$6, 3<sup>rd</sup> = \$4).
9. OPEN races will be awarded the Cash prize system: 1<sup>st</sup> = \$10, 2<sup>nd</sup> = \$6, 3<sup>rd</sup> = \$4. Events 31, 32 and 69, 70 will have ribbon awards for team members placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.
10. Normal pool entry applies.
11. Swimmers must enter 25 m **OR** 50 m events, **NOT** both. Also swimmers must not enter both 200 IM and 100 IM.
12. Dobinson Cup relay winner is judged as the 4 x 50m team (either MALE or FEMALE) closest to their nominated entry time. As well as this the first 3 teams will also be awarded ribbons. Entries will be completed on the day before Event 48.
13. Events 1 – 12 will not be amalgamated to allow competitors adequate time for recovery between events.
14. For events **11/12**, nominate **800 or 1500m** at start of session. Please bring time keepers and lap counters for these events.
15. Forward all enquiries to:  
[racesecretarycowrastingrays@gmail.com](mailto:racesecretarycowrastingrays@gmail.com)  
**CARNIVAL SECRETARY**  
**COWRA AMATEUR SWIMMING CLUB INC**  
 PO Box 141  
 COWRA NSW 2794
16. Cheques payable to **Cowra Amateur Swimming Club Inc.**

