



Website: www.mountainsandplainsnsw.swimming.org.au

AREA SUMMER CHAMPIONSHIPS 2019

SATURDAY 9th AND SUNDAY 10th FEBRUARY 2019

These Championships act as the selection trials for the MPS Brophy and Speedo Teams for 2019

JM Robson Aquatic Centre George Coates Street, Lithgow
SATURDAY POOL OPENS 8.00AM, WARM UP 9.00AM START 10.00AM
SUNDAY POOL OPENS 8.00AM WARM UP 8.00AM START 9.00AM

Entries are online through the MPS web site.

Contact the Competitions Convenor (Jason Lewis) for any queries jlewisgeotech@gmail.com

Closing Date for Entries 11:00pm Wednesday 30 January, 2019

LATE ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES

Boys	Girls	SATURDAY MORNING			QT
1	2	Open	400m	Freestyle	6.00.00 <i>*(200m QT – 3.00.00)</i>
3	4	Non Champ	25m	Backstroke	
5	6	Open	200m	Breaststroke	4.00.00
7	8	All Age	50m	Backstroke	
9	10	All Age	100m	Butterfly	3.00.00
11	12	MC	50m	Backstroke	
13	14	10yrs/U	4x50m	Medley Relay	
15	16	Open	200m	Freestyle	4.00.00
LUNCH					
SATURDAY AFTERNOON					
17	18	Open	1500m	Freestyle	24.00.00 <i>*(400m QT – 6.00.00)</i>
19	20	Non Champ	25m	Butterfly	
21	22	All Age	50m	Butterfly	
23	24	All Age	100m	Breaststroke	3.00.00
25	26	All Age	200m	I.M.	5.00.00
27	28	MC	50m	Butterfly	
29	30	12yrs/U	4x50m	Medley Relay	
31	32	14yrs/U	4x50m	Medley Relay	
33	34	Open	4x50m	Medley Relay	
	35	Open Mixed	10x50m	Free Relay	
SUNDAY MORNING					
36	37	Open	800m	Freestyle	12.00.00 <i>*(400m QT – 6.00.00)</i>
38	39	Non Champ	25m	Breaststroke	
40	41	Open	200m	Backstroke	4.00.00
42	43	All Age	50m	Breaststroke	
44	45	Open	200m	Butterfly	4.00.00
46	47	MC	50m	Breaststroke	
48	49	10yrs/U	4x50m	Freestyle Relay	
50	51	All Age	100m	Freestyle	3.00.00

LUNCH					
SUNDAY AFTERNOON					
52	53	Open	400m	I.M.	6.30.00 <i>*(200m QT – 3.15.00)</i>
54	55	Non Champ	25m	Freestyle	
56	57	All Age	50m	Freestyle	
58	59	All Age	100m	Backstroke	3.00.00
60	61	MC	50m	Freestyle	
62	63	12yrs/U	4x50m	Freestyle Relay	
64	65	14yrs/U	4x50m	Freestyle Relay	
66	67	Open	4x50m	Freestyle Relay	

*See Condition 6 below

- 1.
2. Entries are via the online system through the MPS web site. You will need your Swimming NSW username and password to enter please contact your registrar if you do not have this information.
3. Entries \$5.00 per event. Relays \$10.00 per team.
4. Bank Details for relay entries only: BSB: 062-587 Account Number: 1043-2009, Account Name: Mountains and Plains Swimming Association.
5. Entry times must have been achieved in the preceding 12 months from the date of the carnival.
6. NT will not be accepted for an event that has a qualifying time.
7. You may enter 400m Freestyle, 800m Freestyle, 1500m Freestyle and 400m Individual Medley events using the alternative 200m or 400m time as noted. Please email the competitions convener with your requested event(s) with alternative qualifying time. Entries using alternative times will be entered and seeded using the QT for that event.
8. 25m events are non-championship events. Participation ribbons and certificates will be awarded to all entrants. No placings will be awarded. These events are 9 years and under.
9. Entrants in 25m events may not swim in the 50m event in the same stroke.
10. Multiclass (MC) swimmers must present their classification card to the referee at the beginning of each day that they are competing. S14 swimmers must also present their AusRapid Card.
11. To gain points swimmers must be a member of an affiliated MPS Club.
12. Non registered Swimming NSW members are permitted in 50m events. This is to allow for swimmers who wish to compete in the events as part of the Speedo Heats.
13. Limited Meet Programs will be printed. Program will be available online.
14. Awards
 - 50m & 100m events – medals will be awarded in age groups 8/under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19-24 & 25/over
 - 200m events (except individual medley) are open events – one set of medals will be awarded for each event
 - 200m individual medley - medals will be awarded in age groups 8/under, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19-24 & 25/over
 - 400m, 800m, 1500m freestyle and 400m individual medley events are open events – one set of medals will be awarded for each event
 - Relays – ribbons for 1st, 2nd & 3rd will be awarded for all relay events
15. Relays
 - Relays are Club Relays.
 - Only one team per Club per relay event will be permitted.
 - Individual swimmers can only be entered in a maximum of one freestyle relay team and one medley relay team. This condition does not apply to event 35 (10x50 Open Mixed relay).
 - No relay entries will be accepted on the day.
 - Relay entries must be submitted using the online entry system or using the MPS Relay Entries Form prior to the closing date. Please contact the convener if you require additional time to complete relay entries.
 - Any changes to relay teams must be made prior to the start of the first session on the day of the relay event.
 - Relays score double points.
16. Event 35 is a mixed open 10x50 freestyle relay – **No State or National swimmers allowed.** The team that swims closest to their nominated time will be the winner and will be awarded the Touzell Memorial Shield.
17. These Championships act as the selection carnival for the MPS Brophy and Speedo Teams for 2019. Acceptance Forms for Speedo and Brophy will be available on the MPS website and at the Carnival. Speedo and Brophy Forms must be submitted by the end of the Carnival.
18. Normal pool entry costs apply.
19. Points will be accumulated for 2 different team scores. We will have the usual championship team score, this is the team with the most points at the end of the carnival. The second team event will be a handicapped scoring system similar to Brophy and the development carnivals.
20. Information regarding development squads will be released soon, please check the MPS web site.