

# Swimming NE & NW LC Area Championships

9<sup>th</sup> and 10<sup>th</sup> February 2019

Manilla Memorial Pool, Arthur Street, Manilla



**Saturday 9<sup>th</sup> February 2019**  
**Warm-up 1:30pm, Start 2:00pm**

M	F	Event
119	120	OPEN 1500 Freestyle (to be run at 8.45am before Speedo Sprints)
		Start at 2pm
1	2	OPEN 400m Freestyle
3	4	8/u 50m Butterfly
5	6	9/10 50m Butterfly
7	8	11/12 50m Butterfly
9	10	13/14 50m Butterfly
11	12	15-16/o 50m Butterfly
13	14	OPEN MC 50m Butterfly
15	16	OPEN 200m Backstroke
17	18	9/u-10 100m Breaststroke
19	20	11/12 100m Breaststroke
21	22	13/14 100m Breaststroke
23	24	15-16/o 100m Breaststroke
25	26	OPEN 200m Butterfly
27	28	8/u 50m Freestyle
29	30	9/10 50m Freestyle
31	32	11/12 50m Freestyle
33	34	13/14 50m Freestyle
35	36	15-16/o 50m Freestyle
37	38	OPEN MC 50m Freestyle
39	40	9/u-10 200m Individual Medley
41	42	11/12 200m Individual Medley
43	44	13/14 200m Individual Medley
45	46	15-16/o 200m Individual Medley
47	48	10/u Medley Relay
49	50	12/u Medley Relay
51	52	14/u Medley Relay
53	54	OPEN 200m Medley Relay

**Sunday 10<sup>th</sup> February 2019**  
**Warm-up 8.00am, Start 9.00am**

M	F	Event
55	56	OPEN 400m Individual Medley
57	58	9/u-10 100m Freestyle
59	60	11/12 100m Freestyle
61	62	13/14 100m Freestyle
63	64	15-16/o 100m Freestyle
65	66	OPEN 200m Breaststroke
67	68	8/u 50m Backstroke
69	70	9/10 50m Backstroke
71	72	11/12 50m Backstroke
73	74	13/14 50m Backstroke
75	76	15-16/o 50m Backstroke
77	78	OPEN MC 50m Backstroke
79	80	9/u-10 100m Butterfly
81	82	11/12 100m Butterfly
83	84	13/14 100m Butterfly
85	86	15-16/o 100m Butterfly
87	88	OPEN 200m Freestyle
89	90	8/u 50m Breaststroke
91	92	9/10 50m Breaststroke
93	94	11/12 50m Breaststroke
95	96	13/14 50m Breaststroke
97	98	15-16/o 50m Breaststroke
99	100	OPEN MC 50m Breaststroke
101	102	9/u-10 100m Backstroke
103	104	11/12 100m Backstroke
105	106	13/14 100m Backstroke
107	108	15-16/o 100m Backstroke
109	110	10/u 200m Freestyle Relay
111	112	12/u 200m Freestyle Relay
113	114	14/u 200m Freestyle Relay
115	116	OPEN 200m Freestyle Relay
117	118	OPEN 800m Freestyle

**ONLINE ENTRIES ONLY**

\* Long Course and Short Course times achieved since 1st October 2017 at approved SAL, SNSW & SNENW meets will be accepted.

Age as at 9<sup>th</sup> February 2019

Entries Close: 5.00pm SHARP, 1<sup>st</sup> February 2019

Entry Fee: \$5.00 per Individual Event

Entry Fee: \$5.00 per Relay Team

**SWIMMING NEW ENGLAND & NORTH WEST INC**

**2019 Long Course Championships**

**Qualifying Times – Males\***

<b>EVENT</b>	<b>8yrs &amp; U</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs &amp; O</b>
<b>Freestyle</b>									
50m	53.25	49.70	44.38	40.37	40.37	36.25	36.25	33.75	33.75
100m	1:54.50	1:54.50	1:38.75	1:31.25	1:28.75	1:22.13	1:19.37	1:14.37	1:14.37
200m	3:11.25								
400m	6:21.25								
800m & 1500m	Use 400m Freestyle qualifying time 6:21.25								
<b>Backstroke</b>									
50m	58.50	54.60	48.75	48.75	39.38	39.38	39.38	39.38	39.38
100m	2:09.00	2:09.00	1:51.25	1:47.50	1:44.37	1:36.00	1:34.50	1:31.25	1:31.16
200m	3:38.75								
<b>Breaststroke</b>									
50m	1:07.80	1:03.00	56.25	56.25	43.13	43.13	43.13	43.13	43.13
100m	2:32.00	2:32.00	2:11.00	2:03.75	2:02.50	1:49.37	1:48.13	1:41.87	1:41.87
200m	4:16.25								
<b>Butterfly</b>									
50m	56.25	52.50	46.88	46.88	36.25	36.25	36.25	36.25	36.25
100m	2:19.00	2:19.00	2:00.00	1:50.00	1:43.75	1:35.00	1:31.25	1:26.25	1:26.25
200m	3:41.25								
<b>Individual Medley</b>									
200m	4:13.25	4:13.25	3:38.75	3:38.75	3:38.75	3:18.75	3:18.75	3:08.75	3:08.75
400m	6:58.75								

**Qualifying Times – Female\***

<b>EVENT</b>	<b>8yrs &amp; U</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs &amp; O</b>
<b>Freestyle</b>									
50m	53.25	49.70	44.38	40.37	41.25	38.12	38.12	37.63	37.63
100m	1:56.00	1:56.00	1:40.00	1:31.25	1:28.12	1:25.62	1:23.12	1:22.50	1:22.50
200m	3:13.75								
400m	6:36.25								
800m & 1500m	Use 400m Freestyle qualifying time 6:36.25								
<b>Backstroke</b>									
50m	58.50	54.60	48.75	48.75	48.75	43.75	43.75	43.75	43.75
100m	2:11.00	2:11.00	1:53.12	1:46.88	1:44.37	1:40.63	1:39.38	1:36.87	1:36.87
200m	3:41.75								
<b>Breaststroke</b>									
50m	1:07.50	1:03.00	56.25	56.25	55.00	48.75	48.75	48.75	48.75
100m	2:33.75	2:33.75	2:12.50	2:02.50	1:59.38	1:53.75	1:52.50	1:49.37	1:49.37
200m	4:13.13								
<b>Butterfly</b>									
50m	55.60	51.80	46.25	46.25	45.00	40.62	40.62	40.62	40.62
100m	2:19.00	2:19.00	2:00.00	1:51.88	1:43.75	1:38.75	1:36.87	1:35.00	1:35.00
200m	3:51.25								
<b>Individual Medley</b>									
200m	4:13.25	4:13.25	3:38.75	3:38.75	3:38.75	3:24.38	3:24.38	3:22.00	3:22.00
400m	7:23.75								

## CONDITIONS OF ENTRY

1. The meet is approved by Swimming NE&NW Inc and Swimming NSW Limited.
2. Meet will be conducted under the rules of Swimming Australia and Swimming NSW.
3. Age as at 9<sup>th</sup> February 2019.
4. Events will be conducted as timed finals.
5. The Meet Director reserves the right to amend the program of events and conditions of entry.
6. Medals will be awarded to: 8/u, 9, 10, 11, 12, 13, 14, 15 & 16/o in 50m events. 9/u, 10, 11, 12, 13, 14, 15 & 16/o in 100m events and 200m Individual Medley events. 1st, 2nd & 3rd places only in Open events.
7. Visitors welcome. Visitors can set and break All comer records. Visitors are ineligible for medals and cannot score points, set or break SNE&NW records.
8. Individual events will be run as split age events, with placing in age groups determined at the end of an event.
9. Points will be awarded to NE & NW swimmers in age groups & Open events only.
10. NE & NW Age Champions will be awarded by point score only in age events and open champions by point score only in Open events.
11. Swimmers may only compete in an event if they have met the qualifying times. These times must have been swum at approved NE&NW, SNSW & SAL meets.
12. Results will be submitted to SNSW and uploaded on the results data base.
13. Relays: Swimmers must be members of the same affiliated club to be eligible for awards and/or records. Teams must be either all male or all female. Teams may swim as exhibition, only if the eligibility condition is not met. Entries must be submitted along with individual/ team entries by the closing date. As relay entries are not available online, carnival secretaries are to forward a e entry file to [swimmingnenwregistrar@gmail.com](mailto:swimmingnenwregistrar@gmail.com) by the closing date and time.
14. BBQ will be available and pool kiosk will be open.
15. **ALL** clubs will be asked to supply timekeepers. Qualified Technical Officials are encouraged to participate in other roles. Nomination Form available on the NE & NW Website.
16. Pool entry fee applies for swimmers and spectators.
17. **ONLINE ENTRIES ONLY: Entries close: 5.00pm SHARP, 1st February 2019. NO LATE ENTRIES, OR ENTRIES ON THE DAY WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.**
18. Entry: \$5.00 for individual events & \$5.00 for relays. A \$2.00 fee will be charged for each swimmer for an electronic program, which can be downloaded and printed from the Area website.
19. Further enquiries to: Rozina Mison via email ([swimmingnenwregistrar@gmail.com](mailto:swimmingnenwregistrar@gmail.com)) or by phoning 0413057376 after hours
20. Entry into events 79-82 (1500m & 800m) will utilise the 400m Freestyle qualifying standards. These entry times will be CHECKED. If you enter these events and you DO NOT have the correct qualifying times as stated in the Program and QT's, your entry will be withdrawn and NO refund will be given.

*\*Long Course and Short Course times achieved since 1st October 2017 at approved SAL, SNSW & SNENW meets will be accepted.*