



SWIMMING METRO NORTH WEST 13 YEARS & OVER LONG COURSE MEET

Sunday 22nd October 2017

Auburn Ruth Everuss Aquatic Centre
Church St, Lidcombe

Warm Up 1:00 pm Start 1:30 pm

Boys	Break Time	Girls	Break Time	Age	Distance	Stroke
1	26.80	2	28.50	13-14	50	Freestyle
1	25.40	2	27.80	15 & Over	50	Freestyle
3	2:25.00	4	2:31.30	13-14	200	Individual Medley
3	2:16.00	4	2:29.00	15 & Over	200	Individual Medley
5	30.50	6	33.00	13-14	50	Backstroke
5	28.00	6	31.00	15 & Over	50	Backstroke
7	58.50	8	1:01.80	13-14	100	Freestyle
7	55.00	8	1:00.20	15 & Over	100	Freestyle
9	2:25.50	10	2:33.00	13-14	200	Butterfly
9	2:15.50	10	2:27.50	15 & Over	200	Butterfly
11	1:16.50	12	1:20.80	13-14	100	Breaststroke
11	1:11.00	12	1:19.50	15 & Over	100	Breaststroke
13	5:12.00	14	5:25.00	13-14	400	Individual Medley
13	4:49.50	14	5:14.00	15 & Over	400	Individual Medley
15	27.80	16	31.00	13-14	50	Butterfly
15	25.50	16	28.70	15 & Over	50	Butterfly
17	2:25.00	18	2:30.40	13-14	200	Backstroke
17	2:16.00	18	2:27.80	15 & Over	200	Backstroke
19	33.50	20	38.00	13-14	50	Breaststroke
19	30.80	20	34.50	15 & Over	50	Breaststroke
21	2:07.50	22	2:13.50	13-14	200	Freestyle
21	1:59.70	22	2:10.00	15 & Over	200	Freestyle
23	1:04.50	24	1:08.50	13-14	100	Butterfly
23	59.80	24	1:06.60	15 & Over	100	Butterfly
25	2:45.00	26	2:53.00	13-14	200	Breaststroke
25	2:35.00	26	2:50.50	15 & Over	200	Breaststroke
27	1:07.30	28	1:10.60	13-14	100	Backstroke
27	1:03.00	28	1:09.30	15 & Over	100	Backstroke
29	4:24.50	30	4:40.00	13-14	400	Freestyle
29	4:14.00	30	4:32.00	15 & Over	400	Freestyle

CONDITIONS OF ENTRY

1. Meet is approved by SNSW and will be conducted under SNSW rules & all events are timed finals.
2. Age as at 22nd October 2017.
3. **For each event a swimmer must have an entry time which is slower than the nominated Break Time.**
4. Online entries cost \$6.00 & are available at www.metronwnsw.swimming.org.au. Pool entry applies for both swimmers and spectators.
5. Medals will be awarded to 1st, 2nd and 3rd placegetters in both 13-14 & 15 & over age groups in each event.
6. **Online entries close 7:00pm Saturday 14th October 2017, or prior if the 4 hour time line is reached. No late entries will be accepted.**
7. Results will be submitted to SNSW, uploaded to the National Results Database and posted on SMNW website.
8. **The Program will not be for sale on the day** but will be available to download for free from our website a few days before the carnival www.metronwnsw.swimming.org.au.
9. The Meet Director reserves the right to amend the Program Of Events & Conditions Of Entry as required.
10. All enquiries to SMNW Competitions Secretary, Nick Keith at compsecsmnw@gmail.com
11. By entering, entrant's parent or guardian is declaring the entrant fit to compete. In the event that an entrant experiences a medical issue whilst competing at, or during the meet, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at the meet. The Meet Director will have sole authority to adjudicate on this matter.