

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE

Saturday 17th June 2017

Session One

Warm Up 8:00am

Start Time: 9:00am

M	F	Age	Dist	Event	Qualifying Times	
1	2	Open	400m	Freestyle	5:00.00	5:20.00
3	4	10 Years	200m	Individual Medley	4:00.00	4:00.00
5	6	12 Years	100m	Butterfly	1:50.00	1:55.00
7	8	Open	4x100m	Freestyle Relay	6:00.00	6:30.00
9	10	16 Years	200m	Individual Medley	3:10.00	3:15.00
11	12	Senior (17/Over)	50m	Freestyle	35.00	38.00
13	14	14 Years	100m	Backstroke	1:40.00	1:45.00
15	16	9/Under	100m	Freestyle	2:30.00	2:30.00
17	18	8/Under	50m	Freestyle (non-Championship)		
19	20	Open	100m	Backstroke	1:30.00	1:32.00
21	22	13 Years	100m	Breaststroke	1:45.00	1:50.00
23	24	15 Years	100m	Butterfly	1:35.00	1:40.00
25	26	10 Years & Under	4x50m	Freestyle Relay	4:00.00	4:00.00
27	28	Open	50m	Freestyle	36.00	36.00
29	30	11 Years	100m	Backstroke	2:00.00	2:05.00
31	32	16 Years	100m	Freestyle	1:15.00	1:20.00
33	34	Open	200m	Individual Medley	2:55.00	3:00.00
35	36	10 Years	100m	Breaststroke	2:20.00	2:20.00
37	38	12 years	200m	Individual Medley	3:25.00	3:30.00
39	40	15 Years & Over	4x50	Medley Relay	3:30.00	3:30.00
	42	Open	800m	Freestyle		11:00.00

Session Two

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
43	44	Open	4x100m	Medley Relay	7:00.00	7:30.00
45	46	Open	200m	Butterfly	2:55.00	3:00.00
47	48	9/Under	200m	Individual Medley	4:30.00	4:30.00
49	50	Senior (17/Over)	50m	Backstroke	42.00	45.00
51	52	12 Years	100m	Breaststroke	1:55.00	2:00.00
53	54	14 Years	200m	Individual Medley	3:15.00	3:20.00
55	56	16 Years	100m	Breaststroke	1:40.00	1:45.00
57	58	15 Years & Over	4x50m	Freestyle Relay	3:10.00	3:10.00
59	60	10 Years	100m	Butterfly	2:15.00	2:15.00
61	62	Open	200m	Backstroke	2:55.00	3:00.00
63	64	9/Under	100m	Backstroke	2:50.00	2:50.00
65	66	8/Under	50m	Backstroke (Non-Championship)		
67	68	13 Years	100m	Freestyle	1:20.00	1:25.00
69	70	15 Years	100m	Breaststroke	1:40.00	1:45.00
71	72	14 Years	100m	Freestyle	1:20.00	1:25.00
73	74	10 years & Under	4x50m	Medley Relay	4:30.00	4:30.00
75	76	Open	50m	Backstroke	40.00	40.00
77	78	11 Years	100m	Butterfly	2:00.00	2:05.00
79	80	Open	100m	Breaststroke	1:45.00	1:46.00

SHORT COURSE CHAMPIONSHIPS

SYDNEY OLYMPIC PARK AQUATIC CENTRE
Sunday 18th June 2017

Session Three

Warm Up 8:00am

Start Time 9:00am

M	F	Age	Dist	Event	Qualifying Times	
81	82	Open	200m	Freestyle	2:30.00	2:30.00
83	84	11 Years	100m	Breaststroke	2:20.00	2:25.00
85	86	Open	50m	Breaststroke	47.00	47.00
87	88	13 & 14 Years	4x50	Freestyle Relay	3:20.00	3:20.00
89	90	Multi Class	50m	Butterfly		
91	92	Senior (17/Over)	50m	Butterfly	42.00	45.00
93	94	12 Years	100m	Backstroke	1:45.00	1:50.00
95	96	13 Years	200m	Individual Medley	3:10.00	3:16.00
97	98	16 Years	100m	Butterfly	1:31.00	1:35.00
99	100	10 Years	100m	Backstroke	2:15.00	2:15.00
101	102	Open	200m	Breaststroke	3:10.00	3:20.00
103	104	14Years	100m	Butterfly	1:40.00	1:45.00
105	106	15 Years	100m	Backstroke	1:35.00	1:40.00
107	108	11 & 12 Years	4x50	Medley Relay	4:00.00	4:00.00
109	110	9/Under	100m	Breaststroke	2:30.00	2:30.00
111	112	8/Under	50m	Breaststroke (Non Championship)		
113	114	Multi Class	50m	Breaststroke		
115	116	Open	100m	Individual Medley	1:15.00	1:20.00
117	118	13 Years	100m	Butterfly	1:40.00	1:45.00
119	120	11 Years	100m	Freestyle	1:50.00	1:55.00
121		Open	1500	Freestyle	20:00.00	

Session Four

Start Time: Not before 12:30pm

M	F	Age	Dist	Event	Qualifying Times	
122		Mixed	10x50m	Freestyle Relay		
123	124	Open	400m	Individual Medley	5:40.00	6:00.00
125	126	9/Under	100m	Butterfly	2:50.00	2:50.00
127	128	8/Under	50m	Butterfly (Non-Championship)		
129	130	Open	50m	Butterfly	40.00	40.00
131	132	13 & 14 Years	4x50m	Medley Relay	3:50.00	3:50.00
133	134	Multi Class	50m	Freestyle		
135	136	Senior (17/Over)	50m	Breaststroke	51.00	54.00
137	138	12 Years	100m	Freestyle	1:25.00	1:30.00
139	140	15 Years	200m	Individual Medley	3:10.00	3:15.00
141	142	16 Years	100m	Backstroke	1:35.00	1:40.00
143	144	10 Years	100m	Freestyle	2:00.00	2:00.00
145	146	Open	100m	Freestyle	1:20.00	1:21.00
147	148	Multi Class	50m	Backstroke		
149	150	13 Years	100m	Backstroke	1:40.00	1:45.00
151	152	14 Years	100m	Breaststroke	1:45.00	1:50.00
153	154	15Years	100m	Freestyle	1:15.00	1:20.00
155	156	11 Years	200m	Individual Medley	3:50.00	3:55.00
157	158	Open	100m	Butterfly	1:35.00	1:36.00
159	160	11 & 12 Years	4x50m	Freestyle Relay	3:50.00	3:50.00



CONDITIONS OF ENTRY

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. All Events are Timed Finals.
3. Entries to be submitted by the Race Secretary of the club with a Team Manager electronic file. Online entries are also available. Approved and non-approved times will be accepted.
4. Entry Fees: \$8.00 per championship event.
 \$6.00 per non-championship event.
 \$10.00 per relay event
5. Entries Close: Tuesday 6th June 2017 for both electronic and online entries
6. Age as at: 17th June 2017
7. Pool Entry: Adults \$7-00 per day / \$10-00 Meet Pass
8. Programmes: \$7-00 per day / \$10-00 Meet Program.
9. Championship medals will be awarded to 1st, 2nd, 3rd placegetters in all events and non-championship medals to 8 years and under events.
10. Finalists ribbons will be awarded for 4th to 10th in all individual events
11. **Event 122** must have 5 males and 5 females. This is a non-championship event and no point score will be awarded
12. Points will be awarded to championship and relay events only.
13. **8 years and under swimmers can't compete in both 8/u non-championship and 9/u championship events**
14. Age point score will be awarded in the following age groups:
 - 9 Years and Under Boys and Girls
 - 10 Years Boys and Girls
 - 11 Years Boys and Girls
 - 12 Years Boys and Girls
 - 13 Years Boys and Girls
 - 14 Years Boys and Girls
 - 15 Years Boys and Girls
 - 16 Years Boys and Girls
 - Senior Boys and Girls (17 Years and Over)
 - Open Mens and Womens
15. No Phone or Late Entries will be accepted.

Forward all entries to: The Registrar

**Swimming Metro South West Inc
215 York Road
South Penrith. 2750**

Enquiries:

Kathy Thompson

Phone: 0419 144524

Email: registrar@metrosw.org.au

Electronic files <http://metroswsw.swimming.org.au/>